

Nausea & Vomiting (Morning Sickness)

This is a very common concern caused by hormonal changes usually occurring during the first three months of pregnancy. A few helpful suggestions: Eat a few crackers before getting out of bed in the morning, eat five to six small meals throughout the day emphasizing carbohydrates, and try to avoid an empty stomach. If your nausea and vomiting become severe (over 24 hours of not being able to keep anything down), call our office.

Tiredness

This is a natural effect of hormones and the extra energy needed to carry your developing baby. Try to have rest periods balanced with daily exercise and be sure to take your prenatal vitamins.

Colds

Most colds are caused by viruses. Viruses cannot be cured by treatment with antibiotics. Therefore, treatment of colds depends upon the treatment of symptoms. Bed rest, plenty of fluids, and increasing the humidity of the air at night with a cold air vaporizer or humidifier are a few helpful suggestions. Robitussin DM may be used safely in pregnancy to help minimize a persistent cough. Muscle aches related to the flu virus can be treated with Tylenol. Sinus congestion may be improved by the use of Sudafed. A sore throat may be treated with Chloraseptic lozenges, saltwater or Listerine gargle. If you develop a persistent fever (temperature over 100 degrees Fahrenheit over four hours or a single elevation to 101 degrees Fahrenheit), a cough with a thick green or blood-tinged sputum, or a cold that lasts for more than 10-14 days, you should call our office.

Labor And When To Call The Doctor

When contractions are regular, increasing in strength, and have been 3 to 5 minutes apart for an hour, if your bag of water (membranes) ruptures (whether or not you are having contractions or vaC_____

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fore getting out of bed in the morning, eat fiveObstetrics & Gynecology Specialists, P.C.

Prenatal Instructions

In our group practice, one physician is available 24 hours a day, 7 days a week. Deliveries and antepartum admissions will be cared for in a team fashion with the doctors rotating their call responsibilities. Our progressive, family-oriented approach to obstetrics is shared by all of our team.

Your prenatal appointments will be scheduled at four-week intervals. You are encouraged to keep these appointments because good prenatal care contributes to the health of both mother and baby. Your visits will usually be short, but they are extremely important, as we are able to recognize certain conditions and begin early treatment. We

ask that you bring a first morning urine specimen to each prenatal visit.

Frequent Concerns During Pregnancy

Bleeding

As many as thirty percent of women may spot or bleed during pregnancy. If you are bleeding, leaking fluid, having cramps, or passing tissue, please call the office at (563)355-1853. If possible, please save and bring with you the tissue that you have passed.

Pain

Nearly all women experience some lower backache during pregnancy. Good posture and wearing low heeled shoes will help, as well as a relaxing backrub. Another common discomfort occurs in the lower abdomen near the uterus or groin area. This is usually due to round ligament stretching and is uncomfortable but completely normal. Extra rest, heat, and a non-aspirin product such as Tylenol may help relieve this discomfort.

Constipation

Constipation is a common problem for many women due to a growing uterus taking up part of the space of your digestive system. To help alleviate this problem, drink 6 to 8 glasses of water daily, eat raw vegetables, fruits, fiber, and exercise such as walking. (vaginal bleeding), or if you have questions about being in labor, please call our office. This telephone number is answered 24 hours a day, 7 days a week. A nurse can answer your questions during office hours and the physician on call will help you after the office is closed. The doctor who is on call will be caring for you during your labor and delivery. We deliver at Genesis Medical Center East Campus. The address to the hospital is 1227 East Rusholme, Davenport, Iowa.

Common Questions During Pregnancy

Travel

There is no evidence that travel is harmful during pregnancy. If you are taking a long trip by car, we encourage you to stop every hour or two to stretch your legs to help improve circulation. However, it should be noted that if a problem develops, or if you go into labor, you will need to find appropriate medical care.

Exercise

Exercise is encouraged throughout your pregnancy. Walking is very good exercise, and other exercise is permitted as long as it is comfortable for you. The best guideline to follow is your common sense. A number of exercise classes that are designed for pregnant women are available.

Dental Work

Any required dental work may be done. Local anesthesia is acceptable. Please notify your dentist that you are pregnant.

Lovemaking

In general, you may participate in any sexual activity as long as it is comfortable for you. There may be exceptions to this, and if you have questions, the doctor will discuss this individually.

Medications

Take only the medications we advise. Remember, even the most ordinary medications go through the placenta to the baby.

Saunas, Hot Tubs, & Tanning Beds

Their use is not recommended during pregnancy. The extreme temperatures may cause complications to you as well as potential harm to your baby. The risks are small but it fore getting out of bed in the morning, eat five
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