



the
**Chickasaw
Nation**

The Chickasaw Nation Medical Center

Women's CLINIC

ISHKI' INCHOKMISHTO'
(HEALTHY MOTHERS)

COMMON PREGNANCY CONCERNS

This is a list of common concerns during pregnancy, along with things you can do to feel more comfortable. These are all safe during pregnancy, but if you are uncomfortable taking a medication or supplement that is recommended, please call the women's clinic at **(580) 421-6200**.

COMMON COLD

A common cold is caused by a virus and it generally takes two weeks, or sometimes longer, to feel better. If you become ill, it is very important to drink a lot of fluids, including at least eight to 10 glasses of water per day.

To relieve symptoms, you may take:

- Acetaminophen 650-1,000 mg (such as Tylenol*) every six hours as needed for fever or headache

In the FIRST TRIMESTER (1-12 weeks)

A mother may experience the following:

**FATIGUE AND SLEEPINESS
NAUSEA AND VOMITING
CONSTIPATION**

During the SECOND TRIMESTER (13-28 weeks)

A mother may begin
to feel better.

In the THIRD TRIMESTER (29-40 weeks)

A mother's discomfort may increase
as the due date approaches.

- One tablet of pseudoephedrine (known as Sudafed*) every 12 hours for nasal congestion
- One tablespoon of guaifenesin (such as Robitussin*) every six hours for chest congestion

You may also apply mentholated rub (such as Vicks VapoRub*) over your chest and nose as needed. Some may choose to use a cool mist vaporizer; it is recommended to only use plain water in a vaporizer.

HEADACHE

It is important not to let a headache build up. Take acetaminophen (like Tylenol*) at the first sign of a headache; you may take 650-1,000 mg every six hours as needed. If acetaminophen alone is ineffective, you can try adding a little caffeine. The amount in half a can of soda is plenty.

For frequent headaches, try beginning a magnesium supplement for prevention. Take up to 1,000 mg daily. Start with a low dose and increase dosage slowly. Too much magnesium too fast can cause diarrhea.

BACKACHE

- You may take acetaminophen (such as Tylenol*) 650-1,000 mg every six hours
- You can also try using heat to relieve pain. Try a rice bag warmed in the microwave or a heating pad set on low
- Try exercises for the lower back and stretching. Spinningbabies.com has a guide for daily stretches that can help with common discomforts of pregnancy. These stretches also help your body prepare for birth
- Chiropractic and pregnancy massages may also be helpful

HEARTBURN

It is recommended to eat small, frequent meals; five to six meals per day. Always take vitamins, iron and medications with a full meal. Use several pillows to raise your head while sleeping. Things to avoid include:

- Spicy, fried or fatty foods
- Citrus juices and citrus fruits
- Laying down after eating

Try:

- Papaya enzymes: use as directed on bottle, generally one tab with meals
- Drinking apple cider vinegar: mix one tablespoon of raw, unfiltered vinegar in a small amount of water. Honey may be added to help with taste. You may drink up to three times daily to help prevent heartburn
- Two Tums* extra strength tablets, three times daily

NAUSEA AND VOMITING

Prenatal vitamins help minimize nausea and vomiting. Also, adjust meal times and try eating five or six small meals a day, rather than three larger meals.

Change the types of foods you eat:

- Use the BRATT diet: bananas, rice, applesauce, toast and tea
- Increase your protein intake with dairy products like yogurt or cheese, nuts and seeds (and nut or seed butters like peanut or almond butter) and try protein powders or shakes
- Avoid milk, citrus juices and citrus fruits
- Limit fatty foods
- Eat dry toast, a tortilla or crackers in the morning before you get out of bed

You may also try:

- Frequent bites of foods like nuts, fruits or crackers
- Drink fluids, including soup, between meals
- Ginger capsules can also help: you may take one 250 mg tablet three to four times per day
- Vitamin B-6 can also be used to treat nausea: you may take one 25 mg tablet three to four times per day. If vitamin B-6 is not effective on its own, you can add doxylamine. This can be found in sleep aids (such as Unisom*). Take half of a doxylamine tablet three to four times per day with vitamin B-6
- You can also try nausea relief acupressure wristbands (such as Sea-Band* or Relief Band*) which provides acupressure to decrease nausea
- Finally, be sure to get plenty of rest

CONSTIPATION

- Drink least eight to 10 glasses of water every day
- Avoid or decrease cheese and bananas
- Eat plenty of fruits, vegetables, dried fruits and prunes, whole grain foods such as whole wheat bread, brown rice, whole wheat tortillas, oatmeal and bran cereal
- Try wheat germ on cereal or have a bran muffin
- Eat meals on a regular basis and do not skip meals
- Walk for at least 30 minutes every day
- Try prune juice and apricot nectar cocktail. (This is not recommended for diabetics.) Mix half of a cup prune juice and half of a cup apricot nectar and heat in microwave for about 30 seconds. Drink quickly while still warm

Over-the-counter medications:

- Magnesium: start low and increase slowly to prevent loose stools. Up to 1,000 mg daily
- Magnesium hydroxide (such as Milk of Magnesia*): one tablespoon each night before bed
- Docusate sodium tablets (such as Colace*): one tablet up to three times daily
- Polycarbophil tablets (like Fibercon*), psyllium powder (like Metamucil*) and methylcellulose powder (like Citrucel*): take as directed on package
- If the above do not help, try one senna tablet (such as Senokot*) twice a day
- If still no response, try bisacodyl suppositories (like Dulcolax*) or a disposable rectal enema (like Fleet*)

DIARRHEA

Try these remedies to help:

- Avoid solid foods until diarrhea is gone
- Eat cheese and bananas to prevent diarrhea
- No citrus juices or citrus fruits
- Increase liquids
- Loperamide (like Imodium*): take as directed on package
- Bismuth subsalicylate (such as Kaopectate*): take as directed on package

HEMORRHOIDS

To relieve discomfort that can be associated with hemorrhoids try:

- Increasing fiber and water intake
- Avoid spicy, fried and fatty foods
- Avoid citrus juices and citrus fruits
- Warm sitz baths
- Medicated cooling hemorrhoid pads (like Tucks*)
- Hydrocortisone cream (such as AnuSol*)
- Homeopathic hemorrhoid suppositories or cream (like Aveoc*)

LEG CRAMPS

Limit processed and salty foods, such as lunch meats, packaged fish and snack foods. Also, avoid carbonated beverages, such as soda, and drink at least eight to 10 glasses of water daily.

Try the following to elevate pain:

- Heat your calves (microwavable rice bag, heating pad)
- Massage your calves
- Gently stretch your calf muscle by flexing your foot to draw your toes toward your knee; DO NOT POINT YOUR TOES!

Over-the-counter:

- Magnesium: up to 1,000 mg daily. Start with a low dose and increase slowly; too much magnesium too quickly can cause loose stools

Increasing calcium intake can also help. Eat more leafy green vegetables or take extra-strength calcium tablets (like Tums*).

SEASONAL ALLERGIES

Over-the-counter medications:

- Diphenhydramine HCl tablets (like Benadryl*) – 25 mg up to four times a day (may cause drowsiness)
- Clemastine tablets (such as Tavist*) - one tablet every 12 hours
- Loratadine tablets (like Claritin*) - one tablet every 12-24 hours (follow directions on packaging)

- Please note that clemastine* tablets and loratadine tablets do not contain pseudoephedrine. If you have nasal congestion, then you may also take pseudoephedrine.

***The Chickasaw Nation does not prefer the brands of medication listed above. The brand names are included in this document for reference and educational purposes only.**