

The Fertility Center

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EARLY PREGNANCY TIPS

Congratulations on becoming pregnant! Here are some instructions for you to follow until you see your obstetrician or family doctor for pregnancy care.

1. Do not take any medication unless prescribed for you, including any over the counter medication.
2. You should continue to take your prenatal vitamin.
3. Avoid all of the following: alcohol, tobacco products, unpasteurized foods, raw meat, raw fish, hot tubs over 98°, handling used cat litter, heavy lifting over 30 pounds. Limit fish from the Great Lakes and fish high in mercury.
4. If you used Gonal F, Follistim, or Menopur during your last cycle and/or had IVF, do not engage in intercourse until after we have seen you for an ultrasound. This is to protect your ovaries, which will remain enlarged for the first 4-6 weeks of pregnancy.
5. If you have any bright red bleeding and/ or heavy cramping, please call the office immediately. Occasional uterine “twinges” or cramps are normal as your uterus expands – be sure to call if they become more intense or frequent.
6. It is common to feel any of the following:
Fatigue: You will need extra rest; try to nap when possible.
Nausea: Try eating dry crackers frequently; eat small meals frequently; drink liquids mostly between meals; avoid or limit spicy and high-fat foods. Acupressure or Acupuncture can also help.
Constipation: drink 2-3 quarts of fluids daily; eat high fiber foods (fruit, bran, oatmeal, whole grains, and vegetables); exercise regularly; avoid laxatives unless instructed.
Hunger & dizziness: eat small meals frequently – your body is adjusting to being pregnant.
Breast Tenderness: wear a supportive bra (you will need to purchase larger sizes as the pregnancy progresses).
7. **Helpful reading:** “What To Expect When You Are Expecting”.

MORE HELPFUL HINTS FOR NAUSEA

- ✓ Keep some crackers or dry toast beside your bed. First thing in the morning slowly eat two or three crackers or dry toast before getting out of bed.
- ✓ Drink no liquids ½ hour before eating.
- ✓ Eat often to avoid getting too hungry between meals.
- ✓ Keep as hydrated as possible.
- ✓ Limit dairy products.

NON-PRESCRIPTION REMEDIES CONSIDERED SAFE FOR USE DURING PREGNANCY

The following non-prescription remedies are considered to be safe for use during pregnancy when taken in recommended dosages. Whenever possible it is best to avoid any medications during the first three months of pregnancy.

COLDS

- ❖ Sudafed (pseudoephedrine)-decongestant
- ❖ Benadryl-decongestant (diphenhydramine)-
- ❖ Tylenol-aches and fever
- ❖ Robitussin cough (Except Robitussin CF)
- ❖ Cough drops

INDIGESTION

- ❖ Maalox
- ❖ Mylanta
- ❖ Pepto Bismol
- ❖ Riopan
- ❖ Roloids and Tums

NAUSEA

- ❖ Coca Cola Syrup (flat Coke)
- ❖ Sea Bands (motion sickness)
- ❖ Ginger Ale
- ❖ Ginger Tea
- ❖ Unisom-1/2 tab each day with Vitamin B6 25mg Three Times Daily

CONSTIPATION

- ❖ Colace
- ❖ Metamucil
- ❖ Senokot
- ❖ Prune juice
- ❖ Increase fluid and fiber
- ❖ Exercise (walking is best)

DIARRHEA

- ❖ Kaopectate
- ❖ Pepto Bismol

HEMORRHOIDS

- ❖ Preparation H
- ❖ Anusol HC
- ❖ Tucks
- ❖ Witch Hazel
- ❖ Sitz baths

YEAST INFECTIONS

- ❖ Monistat