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## **Frequently Asked Questions During Pregnancy**

### **What medications can I take?**

Take a pre-natal vitamin daily! (must include 800mcg to 1 mg of folic acid)

For pain/headaches: Tylenol, Excedrin with NO Aspirin or Excedrin with NO Ibuprofen

For cold symptoms: Claritin, plain Sudafed (Pseudoephedrine), plain Robitussin (Dextromethorphan), or Benadryl (after 12 weeks)

For diarrhea: Mylanta, Immodium and Maalox are safe after the 1<sup>st</sup> trimester (12 weeks)

For heartburn/stomach ache: Tums, Pepcid, Zantac, Prilosec, Prevacid

Stool Softener: Colace, Dulcolax

For nausea: Unisom (at night), Vitamin B6 (3 times a day), Ginger

### **Do not take: Ibuprofen, Aspirin, Aleve or Pepto Bismol**

### **Should I change my diet?**

Frequent small meals will help with nausea, add fiber for constipation. Drink a lot of water!

### **How frequently can/should I exercise?**

You can exercise as much as you normally would. (No extreme or vigorous exercise)  
30 minutes daily, 3-5 days a week is recommended.

### **Is it normal to bleed during pregnancy?**

If you experience spotting after intercourse, increased activity, or a cervical check, this is normal. You should notify your doctor if you are having bright red blood, heavy bleeding (like a period) or bleeding associated with severe cramping.

### **Did my water break?**

If you feel a sudden gush of fluid, or have a steady amount of watery discharge, you should go to Labor & Delivery to be evaluated. Some increased vaginal discharge is normal during pregnancy.

### **What does a contraction feel like?**

\*\*Braxton Hicks contractions are normal to feel throughout your pregnancy, they typically show up after 20 weeks. They can be described as a periodic tightening sensation that begins at the top of your uterus downward. Your tummy will most likely look and feel hard, just like the sensation you are feeling.

\*\*Real labor feels somewhat similar to Braxton Hicks, but the contractions are more frequent and intense and are usually felt in your lower pelvis. You could also feel like you are having more intense menstrual cramps that radiate into the low back, pelvic pressure/pain, and all over tightening/pain. If you are experiencing contractions every 5 minutes that last 60-90 seconds, increasing intensity, loss of breath due to pain, and these contractions are persisting longer than 1/2 hour, you should call our office or go to Labor & Delivery.

### **I haven't felt my baby move, what do I do?**

Before 26 weeks, movement is much harder to feel because of the size of the baby. If you are experiencing this after 26 weeks, first drink a glass of orange juice or eat something sugary, lay on your left side and try to feel for movement. If you cannot feel your baby move after 20 minutes, call our office or go to Labor and Delivery.

**If you have other questions or concerns, a medical assistant is available for you to talk to during our regular business hours (8:00 am-9:00 pm M-F) and an on-call doctor is available at all times if the clinic is not open.**

