**Pregnancy FAQ**

**What can I take for pain?** You can take Tylenol 1000mg every 6 hours for any pain in pregnancy. (See approved list on website)

**\*\*\*-please try Tylenol first for any cramping or discomfort. Give it at least one hour to take effect before calling\*\*\***

**Headache:** Always push fluids first! Dehydration can cause headaches and cramping. You can take 1000mg of Tylenol for headaches too.

**Fever:** A true fever is >100.4. If you have a fever-rest, hydrate, and take Tylenol. If fever doesn’t resolve with Tylenol, then call. Fevers are a way that your body fights off infection. As long as your fever is decreasing with Tylenol, it is ok to monitor. You may continue to take Tylenol as directed for fevers.

**Cold Symptoms:** You can treat your symptoms with approved over the counter medications. If your symptoms do not resolve, you need to contact your primary doctor for evaluation. Your baby is well protected! Stay hydrated and rest.

**Bleeding/spotting:** You may notice some mild pink or brown spotting in pregnancy. This can be normal. You should put on a pad and monitor spotting. If it becomes more period like, you need to call the office. Mild pink or brown spotting is normal towards the end of pregnancy. You may also notice spotting after intercourse or after a cervical check, this is NORMAL. \*\*If you have heavy bleeding like a period and it is during regular business hours, you need to contact the office immediately. If it is AFTER normal business hours, please proceed to the hospital. \*\*\*

**Low abdominal cramping:** Cramping in your lower abdomen or lower back can be totally normal. You have round ligaments on each side of your abdomen that hold your uterus. As your uterus gets bigger, these ligaments can cause mild cramping. You can take Tylenol for this cramping as needed. If the pain is severe, please call the office. Using a belly band or support band also helps alleviate abdominal pain.

**Diarrhea/vomiting:** (non pregnancy related vomiting) If you have a stomach bug or food poisoning, you are going to be ok! Again, your baby is very protected! Once you have not vomited for 1 hour, sip 1 oz of water/Gatorade/ or Pedialyte. If that stays down for an hour, move on to 2oz of fluids and so on. Do not take large gulps of water/fluids, take small sips. You need to monitor urine output. If you have gone 12 hours without producing urine, you may be getting dehydrated and need fluids.

**Heartburn:** You may take tums or any antacids on the approved medication list. (see website for approved medication list.)

**Decreased Fetal Movement:** When you are feeling a decrease in fetal movement, FIRST, you need to eat/drink something with sugar, lay on your left side and monitor movements. You will continue to monitor those movements until you get 10 movements or 2 hours. If you get 10 movements in 10 minutes, you may stop monitoring. If it has been 2 hours and you have NOT felt 10 movements, you will need to be evaluated. Please remember that ANY movement is GOOD movement. We do NOT start paying close attention to movements until after 28 weeks!! Also, there is no such thing as TOO MUCH MOVEMENT.

**How do I know if my water broke:** If you have a large gush of fluid, please proceed to L&D for evaluation. If you feel like you are possibly leaking fluid, put on a pad or pantyliner. If you are saturating the pad, you will need to be evaluated.

**I think I lost my mucous plug:** Losing your mucous plug is completely normal. It does NOT mean you are in labor nor that labor is imminent. It may have some blood in it which is normal as well. Just monitor for labor symptoms.

**How do I know if I am in labor:** If you are noticing a pattern in contractions and are >37 weeks pregnant. You need to monitor for the “5-1-1” rule. This means you are having contractions 5 mins apart, lasting 1 minute and this has been happening for 1 hour. You are unable to walk and talk through the contractions. If this is happening and it is during clinic hours, call the clinic. If after hours, proceed to L&D for eval. If you are <37 weeks, you need to rest, hydrate and take Tylenol. If you are experiencing more than 6 contractions an hour after above recommendations, you need to call the clinic.