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OBSTETRICS * GYNECOLOGY * INFERTILITY

PREGNANCY INSTRUCTIONS

PLEASE KEEP ON FRIDGE FOR YOUR CONVENIENCE AT ALL TIMES.
LISTED BELOW ARE MEDICATIONS AND FOODS WHICH ARE SAFE
FOR YOUR USE DURING PREGNANCY.

NAUSEA

Dry Toast (Melba Toast)
Crackers
Lorna Doone Cookies
Sips of fluids which contain sugar:
Decaf or Herbal tea
Gatorade
Kool-Aid
Gingerale

Carbonated drinks are discouraged - if you prefer them, allow them to sit and "flatten"
Avoid milk and milk products.
Avoid greasy/oily foods.
Avoid acidic food-apples, oranges, tomatoes, lemon juice, etc.
Eat popsicles, Italian ices, and small frequent meals.

HEARTBURN

Mylanta and Gelcaps
Riopan
Maalox
Rolaids
Tums
Remain upright 30 minutes after meal.

HEADACHES

Tylenol (plain or extra strength)
Acetaminophen
**NO ADVIL, NUPRIN, MOTRIN, or other
IBUPROPHEN, ALEVE**

CONSTIPATION

Colace
Peri-colace
Metamucil
Fiber laxatives-Fibercon, Perdiem
Increase fluids (water). Get a minimum of 8-10 glasses per day.
SeneKot

Try bran cereals - (Not Oat Bran)
Green salads, spinach, prunes, raisins
Increase consumption of raw vegetables and fruit

SINUS CONGESTION/FLU-LIKE SYMPTOMS

Increase fluid intake.
Rest as much as possible.
You may use **Sudafed** or **Chlortrimeton**.
Robitussin (plain) for coughs.
Zyrtec, Claritin, Rhinocort, Nasocort, Flonase
Humidifier or cool mist vaporizer.
Chloraseptic spray or lozenges.
Vitamin C- 500 mg.

Contact your Primary Care Physician or family doctor if you have a fever greater than 101 degrees F., if you have severe sore throat or if symptoms persist for more than 7-10 days.

HEMORRHOIDS

Preparation H

Tucks

Anusol

Warm shallow bath soaks

*If heavy rectal bleeding occurs, please call our office.

DIARRHEA

Increase fluids - Gatorade, Decaf Tea, Pedialyte, Kaolyte

Bland Diet (fish, turkey, chicken)

NO spicy or fried foods

NO fruits or vegetables

NO fruit juices or carbonated drinks

NO milk or milk products

*If diarrhea lasts longer than two days after following these instructions, please call our office.

EDEMA - FLUID RETENTION

Decrease salt and increase fluids and protein.

Avoid Chinese, Mexican, and Italian foods, seafood, cheese, deli food and all processed foods.

Cranberry juice and all melons are natural diuretics.

For feet edema, elevate your legs above your waist for 20 minutes at a time, several times a day.

Support pantyhose made especially for pregnancy may help.

*Nosebleeds and gum bleeds are common in pregnancy due to hormonal changes.

*Perms and hair coloring are not recommended - no studies have been performed on the effects, if any, these have on the fetus and remain controversial.

*If painting, use latex paint only.

*Avoid all insecticides, fleas and bug bombing.

*Avoid alcoholic beverages.

*No SACCARIN

*Nutrasweet is okay but no studies have been performed on the effects, if any, this has on the fetus and remains controversial.