

PREGNANCY RECOMMENDATION

Below are recommendations for common illnesses/ailments you may experience during your pregnancy. All medications listed are available without prescription and may have store brand equivalents available.

Flu Vaccination:

- The inactivated influenza vaccination is **HIGHLY** recommended in pregnancy
- The flu vaccine may be taken at any time during pregnancy
- Tylenol (Acetaminophen) may be taken, if needed, after vaccination

Cold/Cough:

- 1st Trimester: Tylenol (Acetaminophen), Mucinex (Guaifenesin)
- 2nd & 3rd Trimester: any Tylenol Cold/Sinus products, Coricidin HBP, Robitussin, or Mucinex DM for cold and cough
- DURING ALL TRIMESTERS OF PREGNANCY:
 1. Increase your daily fluid intake, especially those with vitamin C
 2. For flu-like symptoms, sore throat, or fever of 100.5 or greater, please see a primary care or urgent care for evaluation
 3. Flonase nasal spray can be used as directed on label

Seasonal Allergies:

- Limit outside exposure during peak allergy seasons to reduce symptoms
- Zyrtec or Claritin may be taken as directed on label

Headache:

- Tylenol (Acetaminophen) as directed on label
- If unrelieved with Tylenol (Acetaminophen) or if accompanied by vision changes/disturbances, please call our office
- If fever is present with headache, please see primary care provider for evaluation

Nausea/Vomiting:

- Stop intake of solid foods
- Begin small, but frequent, sips of cold liquids (tea, Sprite, Ginger Ale, etc.)
- Once tolerating fluids, increase diet o crackers, toast, Jello, or soup
- Avoid heavy, greasy meals
- Vitamin B6 (25mg) over the counter taken 3 times a day with Unisom 12.5mg (1/2 Of a 25 mg tablet) at bedtime
- If unable to keep fluids down for several hours, call our office for instruction

Constipation:

- Take Colace 100mg (stool softener) 2 to 3 times per day
- Metamucil, MiraLAX, or Fibercon daily with 8oz of water
- Milk of Magnesia if no bowel movement after the above – this is for **OCCASIONAL** use only

Diarrhea:

- Stop intake of solid foods
- Clear liquid diet until diarrhea resolves
- Begin soup, Jello, crackers as tolerated
- Call our office with fever of 100.5 or greater, or if diarrhea continues over 48 hours

Indigestion:

- Eat smaller but more frequent meals during the day
- Eat at least 2 hours before lying down
- Try Pepcid AC (Famotidine)

Hemorrhoids:

- Warm tub bath 3 times a day as needed for comfort
- Use Tucks pads, AnuSol, or Preparation H
- Take Colace stool softener to avoid constipation

Trouble Sleeping:

- Take Tylenol PM, Benadryl or Unisom according to label

Sanders Clinic for Women After Hours instruction for Pregnant Patients

- If you are ***less than 20 weeks pregnant*** and feel that you have a medical condition that requires immediate evaluation, report to the NMMC Emergency Room in Tupelo, MS or the nearest emergency room. Call 911, if needed.
- If you are ***20 weeks pregnant or greater*** and feel that you have a medical condition that requires immediate evaluation, report at once to OB Emergency Department at Women's Hospital in Tupelo, MS. If you live a remote distance from Tupelo, you may need to go to the nearest emergency room. Call 911 , if needed.

Medications requiring a prescription will **NOT** be filled after hours. Please call our office during regular working hours for renewal of prescription medications.

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