

RSVP

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Congratulations on your pregnancy! We are happy for you and your family and thankful you have chosen us to help you have a healthy pregnancy, delivery and baby.

During pregnancy your body's hormones change. This causes physical and emotional changes. This is normal. Knowing what to expect is important for your piece of mind and so you know when to seek help for a problem. Here is a list of common symptoms that happen during pregnancy.

Head and mouth:

- Bleeding gums
- Dizziness and fainting
- Extra saliva
- Headaches
- Nosebleeds
- Skin color changes on your face
- Stuffy nose
- Mild blurriness of vision, especially if you wear contact lenses

Breasts:

- Darkening of nipples
- Yellow or white discharge from the nipples
- Sore breasts and nipples
- Swollen breasts

Back, arms, and legs:

- Back, hip, or thigh pain
- Leg cramps that come and go
- Numbness and tingling in your hands and fingers
- Swollen hands, legs, and feet
- Swollen leg veins

Belly (abdomen) and pelvis:

- Constipation
- Feeling of pressure on your bladder and stomach
- Need to urinate often
- Gas and bloating
- Heartburn
- Anal itching, swelling, and bleeding (hemorrhoids)
- Leaking urine
- Mild pressure or cramping in your belly
- Nausea throughout the day or night (morning sickness)
- Clear to white vaginal discharge

Other symptoms:

- Dry, itchy skin
- Food cravings or turn-offs.
- Sensitivity to smells.
- Forgetfulness
- Less interest in sex
- Mood swings
- Tiredness
- Trouble sleeping.
- Heart palpitations, feeling your heart beat race for short periods of time.

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Common Discomforts

Below are the most common complaints, and measures that can help.

- **Morning sickness or nausea.** This can happen any time of the day or night. If nausea is first thing upon waking, a quick snack at the bedside that is eaten first thing after waking up can help. Small, frequent snacks and meals can help. Eat what you can. Hard candy, gum, carbonated beverages, foods and beverages with real ginger can help with the nausea. If you are having persistent vomiting, unable to tolerate food or beverages, or losing weight, please call. There are medications that are safe in pregnancy and can make you feel much better. Most women feel better after the first trimester
- **Tender, swollen breasts.** Proper fitting bras are recommended in pregnancy. As your breasts enlarge, you most likely will need to purchase new bras.
- **Frequent urination.** Normal in pregnancy. Do not limit water intake with the hopes of decreasing the frequency of urinating. If you are having pain with urination please call.
- **Tiredness or fatigue.** Most often felt in the first trimester and then at the end of pregnancy. Rest when you can. Remember your body is working hard on growing and supporting a whole new person!
- **Indigestion or heartburn.** Small meals help. Some women find foods heavy in fats and spicy foods make symptoms worse. Avoid lying down for at least 30 minutes after meals. Many heartburn medications are safe in pregnancy- see medication section in handout.
- **Constipation.** Make sure to stay hydrated and eat diet high in fiber. If persistent and/or bothersome, stool softeners can be taken (see medication handout). We do not recommend laxatives, as they can cause uterine cramping.
- **Leg, feet swelling (edema) and varicose veins.** Wear elastic support hose. Put your feet up as often as possible.
- **Muscle, joint, back pain.** As your baby and belly grow, the physical and hormonal changes to your body can become painful. Regular exercise, such as walking, yoga, and daily stretching, can help keep your body strong and decrease many of the physical complaints. Avoid heavy lifting. Pick things up by bending at your knees, not at your waist. Use pillows to support your body in bed. Go slow and maintain good body mechanics when changing positions, such as going from lying down to sitting up or standing. Massage and chiropractic care with a trained provider are safe in pregnancy. Warm packs to sore muscles.
- **Insomnia, difficulty sleeping.** This can range from frequent awakenings, difficulty falling or staying asleep. Practice good sleep routines, such as avoiding electronics 30 minutes before bed, and low dim lights, can help signal your body to fall asleep. Unfortunately, there is no quick solution. Benadryl can be taken to help with falling asleep, but beware that for some people, Benadryl can have the opposite effect.
- **Leg cramps.** These can be abrupt and scary, especially if you are awakened in the night with them. They are normal. Stretching your calves before bed can help. During a cramp, massage the calf. After, stretch the calves again. Some women report regular exercise and stretching, such as yoga, can decrease the cramps.
- **Emotional changes.** This can range from anxiety to excitement to depression. If the anxiety and depression/sadness become severe, and/or you are having trouble coping, please let us know.
- **Dizziness or feeling faint.** Feeling dizzy, especially with position changes, such as from sitting to standing, can be common in pregnancy. Most of the time these symptoms are caused by quick blood pressure changes or low blood sugar. Make sure you stay well hydrated (at least 8 glasses of water a day) and eat often (every 2-3 hours with protein). Avoid prolonged standing and go from lying or sitting to standing slowly. If you faint, or lose consciousness, please call.

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Safety in Pregnancy

Overall most activities and things you did before pregnancy can be continued throughout pregnancy. It is important to listen to your body and do what feels right to you. Each woman experiences pregnancy different, so what may be right for one woman, may not feel right for another.

- **Exercise-** Light to moderate exercise is safe in pregnancy. Pregnancy is not the time to start a new intense workout regimen. Brisk walks, swimming, and yoga are great exercises for all stages of pregnancy and fitness levels. Both can make for healthier pregnancies with less physical aches and easier labors and recoveries from your delivery. While running and light weight lifting are safe in pregnancy, they should be done with caution. As the hormones of pregnancy soften the joints, some women can be more prone to injury. In addition, pregnant women can be more prone to falling so take caution with running outside and with using exercise equipment such as an elliptical machine. Listen to your body and remember to go easy on yourself. Please refrain from hot yoga and strive to keep your heart rate below 140 beats per minute. After 20 weeks, do not lay flat on your back. And remember to drink plenty of water!
- **Food-** It is normal to have both food aversions and food cravings in pregnancy. We recommend a diet high in veggies, fruit and protein. Your body only needs about 300 extra calories a day than non-pregnant. For many women, smaller meals or snacks throughout the day is more palatable. Also be aware of the added calories in drinks. Juices and soda have high amounts of sugar without any nutritional benefit. Diet drinks are not recommended. Food aversion or loss of appetite can be common. It is important that you eat even if you may not feel like it. Smoothies with protein added can be a great option if you are having trouble with your appetite.

In pregnancy, your body needs more protein. Meats, fish, dairy products, tofu, nuts, eggs, beans, lentils, and yogurt are all high protein foods. Cooked fish is safe in pregnancy, and recommended since many fish contain many healthy fats that are a benefit to your growing baby. Use caution with eating wild fish known to be high in mercury, such as swordfish, shark, and tuna (canned light tuna is okay). Food, especially meat should be well cooked and produce washed well. Cheeses and milk should be pasteurized. The majority of major brand named milk and cheeses, including soft cheeses, is safe and should say pasteurized on the label. Deli meats should be warmed up (microwave, grill, Panini style) before eating.

Caffeine is safe in pregnancy in moderate amounts. 1-3 cups a day of caffeinated beverage is okay but avoid energy drinks and caffeine supplements. The desire to eat or drink nonfood items such as paper, dirt, or cleaning products or persistent urge to eat ice can be a worrisome sign in pregnancy, please let us know if you are experiencing it.

- **Travel-** while it can be safe to travel during your pregnancy, the precautions are different depending on which trimester you are in and where you are traveling. Please talk with a provider if you have questions about traveling. Also be aware there are travel restrictions to certain countries due to Zika virus. Visit the CDC website at www.cdc.gov/zika/geo/ for a list of travel restrictions.

Medications and Pregnancy

While limiting the amount of medication taken in pregnancy is important, there are many medications that are safe when needed to help alleviate symptoms and make you feel your best. It is important to take as directed on label, and to call if symptoms are worsening despite treatment.

NSAIDs, such as Aspirin, ibuprofen, Naproxen (Aleve), Motrin, are not safe in pregnancy. Often these medications are added to other medications, such as with cold medicines. Always read the labels of medications to check for these or ask a pharmacist. Acetaminophen, or Tylenol, is safe in pregnancy, when taken periodically as needed.

Cold and Allergies- Take per instructions on label. Call if symptoms are not improved in one week or if high fever (100.4 F), not lowering after taking acetaminophen 650-1000 mg

- Benadryl
- Tylenol cold and flu, Tylenol Sinus
- Throat lozenges, cough drops
- Tylenol (regular or extra strength), acetaminophen- take every 6 hours, do not take regularly for longer than 48 hrs
- Other remedies- humidifier, Netipot, saline nose spray, Vicks vapor rub
- Avoid Sudafed, Sudafed 12 hour while pregnant and breastfeeding
- Claritin (No Claritin D)
- Robitussin DM

Constipation

- Metamucil 1-3 times a day as needed
- Stool softeners, Colace - 100 mg once or twice a day
- Miralax, as directed, once a day
- If severe-
 - Milk of Magnesia 2-4 tablespoons with a large glass of water
 - Fleets enema
 - Mineral Oil 2 tablespoons mixed with juice
 - Magnesium Citrate

Heartburn and indigestion

- Maalox
- Mylanta
- Tums
- Rolaids
- Pepcid
- Tagamet
- Zantec
- Gaviscon

Diarrhea- call if symptoms not improved in 24 hours

- Regular soda to settle stomach and replace electrolytes
- Immodium- no more than 4 caplets (8 teaspoons) in 24 hours
- Kaopectate

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We know that many symptoms in pregnancy can be worrisome. We are here for you, and encourage you to call if you are concerned. You can reach a provider, after office hours and on weekends, by calling the office number (925-239-0012). This will put you in touch with answering service who will connect you with the provider on call.

If your concerns or questions do not need to be urgently addressed, we encourage you to call or email us (ask office staff how to sign up for MyJohnMuirHealth) during office hours.

Call if you are having any of the symptoms below:

- Burning or pain when you urinate
- Depression or severe anxiety
- Desire to eat or drink nonfood items such as paper, dirt, or cleaning products.
- Diarrhea that lasts more than 24 hours
- Fast heartbeat or heart palpitations that last more than 1 hour
- Fever of 100.4°F (38°C) or higher
- You can't keep fluids down for 6 hours without vomiting
- Severe or ongoing vomiting
- Little or no urine
- Major vision changes
- Moderate or severe belly pain
- 6 or more contractions in 1 hour if you are less than 37 weeks pregnant.
- Water breaks- Leaking large amount of fluid from your vagina
- Foul smelling or bothersome vaginal discharge
- Severe back pain
- Severe constipation
- Severe cramping or swelling in a leg, especially if it's just on one side
- Severe headache
- Sudden swelling of your face, hands, feet, or ankles
- Vaginal bleeding
- Very itchy skin that doesn't get better. Especially if on hands and soles of feet.
- Fainting, persistent dizziness