

How to handle



FIRST TRIMESTER (6-12 WEEKS)



630-462-4963

in the road...

What medications are safe for me to take?

Please note that although these medications are safe, we advise avoiding medication if possible.

- Allergies – Benadryl, Claritin, Zyrtec
- Fever/Headache – Tylenol (Acetaminophen)
- Congestion - Sudafed
- Cough - Robitussin DM, Halls Cough Drops
- Constipation – Metamucil, Citrucil, Fibercon, Colace, Milk of Magnesia, Senekot
- Heartburn – Maalox, Mylanta, Pepcid AC, Tagamet, Tums, Zantac
- Hemorrhoids – Preparation H, Anusol, Tucks, Witch Hazel
- Rashes – Hydrocortisone cream, Caladryl, Benadryl, Aveeno

COMMON CONCERNS

I feel very tired... is this normal?

This is completely normal! To fight the feelings of fatigue, rest as much as possible. Also, be sure to get enough iron and protein, and include some physical activity in your daily routine. If the fatigue seems outrageous, please bring it up at your next appointment.

I'm experiencing morning sickness... is this normal?

Nausea and vomiting can be one of the first signs of pregnancy and usually begins around week 6 and lasts through week 12. The nausea is often a result of the increased hormones in your body, and is not harmful to you or your baby. If you experience excessive

vomiting and can't keep any food or liquids down, you need to contact your doctor.

I am experiencing some breast tenderness. Is this normal?

During pregnancy, your body is increasing the production of hormones, which can make your breasts unusually sensitive or feel fuller and heavier. Wearing a more supportive bra or sports bra may be helpful.

HEALTH & NUTRITION

What foods can I eat during pregnancy?

Be sure to eat a well balanced diet that contains plenty of the following food groups: protein (such as meats and beans); calcium; vegetables, grains, and legumes, which contain high amounts of iron and folic acid; and fruits, which contain high amounts of vitamin C. Up to one cup of coffee (or any caffeine equivalent) per day is considered safe during pregnancy, although some women choose to avoid caffeine altogether.

Are there foods that I should avoid?

Yes. Unpasteurized soft cheeses and any raw seafood should NOT be eaten during pregnancy.

Certain cooked fish, such as swordfish, king mackerel, shark, and tilefish, also should not be consumed. Fish of all types should be limited to two servings per week. Deli and lunch meats should not be consumed unless they have been cooked past steaming. Any fruits and vegetables should be washed before consuming. Alcohol should NEVER be consumed during pregnancy.

Can I exercise while I'm pregnant?

Exercise is great for you and your developing baby, and can help relieve some common discomforts of pregnancy, such as constipation, leg cramps, and ankle swelling. Always talk to your doctor to discuss what's safe before beginning any exercise routine. Some activities that are safe during pregnancy include running, swimming, and the elliptical trainer. Some activities that should be avoided during pregnancy include high impact aerobics and contact sports.

Are vaccines safe during pregnancy?

The flu shot, as well as other vaccines, is safe and recommended during pregnancy. Please check with your doctor to find out which vaccines are available.

Can I clean my cat's litter box while I'm pregnant?

No, it is not safe to clean your cat's litter box while you're pregnant. Let someone else do the dirty work for nine months!

Is intercourse safe during pregnancy?

Unless your doctor advises you otherwise, sex during pregnancy is safe for both you and your baby.

PAMPER YOURSELF!

Can I still get my hair colored and nails/toes done? What about waxing?

These are all considered to be safe during pregnancy. Waxing is also safe, but may be more painful.

Can I get a massage while I'm pregnant?

Massages are considered safe, but always be sure to check with your doctor first. Also, make sure the masseuse knows that you are pregnant before the massage.

How to handle



SECOND TRIMESTER (13-27 WEEKS)



630-462-4963

What medications are safe for me to take?

Please note that although these medications are safe, we advise avoiding medication if possible.

- Allergies – Benadryl, Claritin, Zyrtec
- Fever/Headache – Tylenol (Acetaminophen)
- Congestion - Sudafed
- Cough - Robitussin DM, Halls Cough Drops
- Constipation – Metamucil, Citrucil, Fibercon, Colace, Milk of Magnesia, Senekot
- Heartburn – Maalox, Mylanta, Pepcid AC, Tagamet, Tums, Zantac
- Hemorrhoids – Preparation H, Anusol, Tucks, Witch Hazel
- Rashes – Hydrocortisone cream, Caladryl, Benadryl, Aveeno

Are vaccines safe during pregnancy?

The flu shot, as well as other vaccines, are safe and recommended during pregnancy.

What foods should I avoid?

- Unpasteurized soft cheeses
- Any raw seafood
- Certain cooked fish, such as swordfish, king mackerel, shark, and tilefish
- Deli and lunch meats should not be consumed unless they have been cooked past steaming
- Fish of all types should be limited to two servings per week
- Fruits and vegetables should be washed before consuming
- Alcohol should NEVER be consumed during pregnancy.

I'm still feeling tired, is this normal?

Believe it or not, this is still completely normal. The major reason you're feeling tired at this point in pregnancy is because your sleep isn't as restful or is interrupted. This can be caused by: uncomfortable positioning during sleep/back pain due to the baby's growth, waking to go to the bathroom during the night, and/or baby's activity keeping you awake.

Some tips to help you get a better night's sleep include: avoiding sleeping on your back, and sleeping on your left side while using a pillow for additional support between your knees. If the fatigue seems outrageous, please bring it up at your next appointment.

I'm having heartburn after meals, is this normal?

Your growing uterus can push your stomach out of its normal position, which contributes to heartburn. To avoid heartburn, eat small meals and drink plenty of fluids. Over-the-counter antacids may prove helpful in relieving you of heartburn problems. If the heartburn doesn't resolve or worsens, contact your health care provider.

I've been constipated lately, is this normal?

During pregnancy, the movements that push swallowed food into your stomach slow, which cause your stomach to empty more slowly. This gives nutrients more time to be absorbed into your bloodstream and reach your baby. Unfortunately, this may also lead to heartburn and constipation. It can help to eat smaller, more frequent meals and include plenty of fiber in your diet and drink lots of fluids.

I'm starting to develop hemorrhoids, is this normal?

Hemorrhoids, which are varicose veins in your rectum, can also occur. To prevent hemorrhoids, avoiding constipation is key. Include plenty of fiber in your diet and drink plenty of fluids. Any one or more of the following may help relieve symptoms of

hemorrhoids: place baking soda (wet or dry) on the area to reduce itching, take a warm bath, apply witch hazel to the affected area to reduce swelling or bleeding, and avoid sitting for long periods.

I'm starting to get some stretch marks; can I do anything for them?

Almost 90% of pregnant women will experience stretch marks. Although stretch marks can't be prevented, they eventually fade in intensity. Unfortunately, nothing has been proven to prevent or remove stretch marks, however exercising, Palmers Cocoa Butter, and applying lotions that contain vitamin E have been said to help.

Oh, my aching back!

As your baby continues to grow and gain weight, the joints in your pelvis begin to relax. These changes can be tough on your back and lead to backaches. Also, your center of gravity will gradually move forward as your uterus and baby grow, which causes your posture to change; this is also a significant cause of back pain. Any one or more of the following may help relieve back pain: icing or heating the affected area, using a belly band, avoid standing for long periods of time, and wearing comfortable shoes. If the pain increases in severity or is accompanied by other symptoms, contact your health care provider.

And now for the most exciting part...

Generally, around the twentieth week of pregnancy, your health care provider will give you an order for an ultrasound. Not only does this ultrasound check on how your baby's developing, but the gender of your baby can be determined at this point. Get ready to start picking out your blues, pinks, or yellows and greens if it's going to be a surprise!

How to handle



THIRD TRIMESTER (28-40 WEEKS)



in the road...

What medications are safe for me to take?

Please note that although these medications are safe, we advise avoiding medication if possible.

- Allergies – Benadryl, Claritin, Zyrtec
- Fever/Headache – Tylenol (Acetaminophen)
- Congestion - Sudafed
- Cough - Robitussin DM, Halls Cough Drops
- Constipation – Metamucil, Citrucil, Fibercon, Colace, Milk of Magnesia, Senekot
- Heartburn – Maalox, Mylanta, Pepcid AC, Tagamet, Tums, Zantac
- Hemorrhoids – Preparation H, Anusol, Tucks, Witch Hazel
- Rashes – Hydrocortisone cream, Caladryl, Benadryl, Aveeno

My back is still aching! Yes, unfortunately, this is still normal. Your baby is still growing and gaining weight...and your pelvic joints are still relaxing...and your center of gravity is shifting even further forward. This combination is leading to your back pain. Some ideas to help relieve back pain include icing or heating the affected area and using a belly band. If the pain increases in severity or is accompanied by other symptoms, contact your health care provider.

My hands and feet are swollen, is this normal? Some swelling in your hands, ankles, and feet is normal. Retained fluid helps prepare the pelvic joints and tissues to relax to allow the baby to be born. And believe it or not... the extra fluid accounts for approximately 25% of the weight you gain throughout pregnancy! To reduce any uncomfortable swelling in your hands or feet, use cold compresses on the affected areas, avoid standing for long periods, prop your feet when sitting, wear comfortable shoes, avoid clothes that are tight around your wrists or ankles, and drink plenty of water. **If you have a sudden onset of severe and/or painful swelling, call us!**

I'm having heartburn again! Your still enlarging uterus is pushing your stomach out of its normal position, and still leading to heartburn. To avoid heartburn, eat small meals and drink plenty of fluids. Over-the-counter antacids may prove helpful in relieving you of heartburn problems. If the heartburn doesn't resolve or worsens, contact your health care provider.

I think I'm getting varicose veins, is this normal? Increased blood circulation can cause varicose veins, which appear as blue or reddish lines beneath the surface of the skin, particularly in the legs. If you have painful varicose veins, elevate your legs and wear support stockings.

Hemorrhoids? Hemorrhoids, which essentially are varicose veins in your rectum, are another possibility. To prevent hemorrhoids, avoiding constipation is key - by taking in plenty of fiber and fluids. Any one or more of the following may help relieve symptoms of hemorrhoids: take a warm bath with baking soda in the water, apply witch hazel or Preparation H to the affected area, and avoid sitting for long periods.

I feel like I'm constantly peeing! As your baby grows and moves deeper into your pelvis, the pressure on your bladder will increase. The extra pressure will cause you to urinate more frequently.

I'm occasionally having some contractions, am I ok? Braxton-Hicks are the most common during the third trimester. These contractions are typically irregular in intensity, infrequent, unpredictable, more uncomfortable than painful, and do not increase in intensity or frequency. They then often taper off and disappear. The following can be triggers of Braxton-Hicks: when you or the baby is very active, when your bladder is full, after sex, and dehydration. (So be sure to drink plenty of water!) True labor contractions get longer, stronger and closer together. If you're having contractions that concern you, call us!

Stretch Marks - Although stretch marks can't be prevented, eventually they fade in intensity. Almost 90% of pregnant women will experience stretch marks. Although nothing has been proven to prevent or remove stretch marks, exercising, Palmers Coca Butter and applying lotions that contain vitamin E have been said to help.

WHAT TO CALL FOR

Regular Contractions

When you begin to experience regular contractions, this is the strongest indication that you are in labor. These contractions may feel like menstrual cramps or a lower backache that comes and goes, and during early labor they may be as far apart as 20 to 30 minutes. As labor continues, the contractions start happening every 10-15 minutes or less. When your contractions are consistently 5 minutes apart, for one straight hour, it is time to call!

**To reach Dr. Gapinski,
call 630-462-4963.**

Decreased Fetal Movement

In the last trimester of your pregnancy, we may advise you to keep track of the baby's movement every day. A common method of checking your baby's movement is counting how many times the baby moves in one hour. Ten movements (such as kicks, flutters, or rolls) in 1 hour or less are considered normal, but don't panic if you don't feel 10 movements every hour. If you are unable to feel 10 movements over an hour, have a snack or some juice and continue counting for a second hour. If you count fewer than 10 movements over a 2-hour period, call immediately!

Water Breaks

When your water breaks, you may feel a sudden release of fluid from the vagina or simply a constant trickle. This fluid will typically be odorless. If you notice fluid leaking, and it doesn't seem to be urine, or you're unsure, please call us.

Vaginal Bleeding

You may spot or bleed after an exam, and this is completely normal, and may continue for 1-2 days. If the bleeding/spotting continues in excess of two days or becomes as heavy as a menstrual flow, call.