

**Is it normal to bleed during pregnancy?**

If you experience spotting after intercourse, increased activity, or a cervical check, this is normal. You should notify the doctor if you have bright red bleeding, heavy bleeding (like a period) or bleeding associated with cramping

**What medications can I take?**

**For pain/headaches:** Tylenol, Excedrin with NO aspirin

**For cold symptoms:** Tylenol for aches and fever. Plain Robutssin for coughs. Sudafed or Mucinex for congestion. Chloraseptic or Cepacol lozenges for sore throat.

**For allergies:** Claritin or Benadryl

**For Diarrhea:** Immodium, and diet of clear liquids for 24 hours. Try BRAT diet of bananas, rice, applesauce, and toast. If persists more then 48 hours, call us.

**For heartburn:** Tums, Pepcid, Zantac, Prilosec, Prevacid

**For constipation:** Colace, Dulcolax

**For Nausea:** Unisom (at night), Vitamin B6 (3 times a day), Ginger. Eat frequent small meals.

**For yeast infection:** Monistat 7

**I haven't felt my baby move, what do I do?**

Before 26 weeks, movement of the baby is much harder to feel due to the size of the baby. If you are experiencing this after 26 weeks, first drink some juice or eat something sugary, lay on your left side for 20 minutes. If you still haven't felt movement then call the office or go to Labor and Delivery.

**Did my water break?**

If you feel a sudden gush of fluid or have a steady amount of watery discharge, you should go to Labor and Delivery and be evaluated. Increased vaginal discharge is normal during pregnancy.

**Can I exercise?**

You can exercise as much as you normally would. (No extreme or vigorous exercise). Do not lift more the 20lbs. It is recommended that you exercise 30 minutes a day, 3-5 days a week.

**What does a contraction feel like?**

\*\*Braxton hick's contractions are normal to feel throughout your pregnancy. They can be described as periodic tightening sensations that begin at the top of your uterus and moves downward. Your tummy will most likely feel hard.

\*\*Real labor feels similar to Braxton hick's, but the contractions are more intense and are felt more frequently. They will be hard to walk and talk though. If you are experiencing them every 3-5 minutes that last 60-90 seconds, that last longer then 30 minutes. You should go to Labor and Delivery.

**If you have any other questions or concerns feel free to contact our office at  
801-756-5288 we are open M-F from 8:00am-5:00pm.**

**If it is after hours, please call 801-756-5288 and you will be directed to the Doctor/Midwife on-call.**