

- **Travel** - For routine, uncomplicated pregnancies you may travel up to 36 weeks. If traveling by car stop every 2 hours for a short stretch or walk and to empty your bladder. If traveling by plane make sure passenger cabins are pressurized as with larger planes. Helicopters and commuter planes are usually not pressurized.
- **Dental Work and care** - If X-Rays are absolutely necessary, be sure a lead apron is used to shield your abdomen. Numbing agents such as Novacaine, Carbocaine and Xylocaine are allowed. **Nitrous Oxide is not permitted.** If your dentist requires written consent for treatment please contact the office 48 hours prior to your appointment for dental work. Patients should maintain daily dental care by brushing twice daily, flossing and using mouthwash.
- **MEDICATIONS** - Please refer to the list below of medications that are considered safe during pregnancy or go to www.safefetus.com for more information.

Benadryl, Tylenol (Acetaminophen), Sudafed, Actifed, Dristan,* Neosynephrine, Robitussin DM, Vicks cough syrup, Romilar,* Halls *, Metamucil, Citrucel, Fiberall/Fibercon, Colace, Milk of Magnesia, Senekot, Imodium, Parepectolin (for 24 hours, only after 12 weeks of pregnancy), First-aid ointment, Maalox, Mylanta, Tums, Riopan, Tiralac, Gaviscon, Preparation H, Anusol, Emetrol (if you don't have diabetes), Hydrocortisone cream or ointment, Monistat or Terazol for yeast infection.

Do not use long-acting or extended-use form

- **Nausea and Vomiting** - **Vitamin B6 25 mg taken 3-4 times a day and Unisom 1/2 tablet taken 3-4 times a day. These should be taken together.**

- **Other helpful tips:**

Small meals throughout the day

Popsicles

Ginger Ale

Avoid strong smells and spices

If the looks of something makes you sick don't eat it just because it is healthy

If you continue to have problems with nausea and vomiting call the office during office

hours 8:30 am till 5:00pm

at 770-474-1919