

Obstetrical Handout

Thank you for choosing Dr. David Libson for your prenatal care. Our goal is to help you have the healthiest and happiest pregnancy possible. This handout provides guidelines for the treatment of common problems during pregnancy and answers many of the questions patients frequently have during their pregnancy. All of the medications listed in this handout are safe for you and your baby.

Aches, Pains and Fever

- Tylenol (acetaminophen), 2 tablets every 4 hours

Cold Symptoms

- Congestion – Benadryl, Claritin, Saline Nasal Spray (Ayr, Ocean)
- Cough – Robitussin DM
 - Run a vaporizer or humidifier to help your nose, throat and chest

Sore Throat

- Usually a sore throat is a viral infection and does not require antibiotics.
- You should take Tylenol for pain and fever.
- You may gargle with warm salt water (1 tsp dissolved in 8 oz. of water). Gargle 3-4 times daily or as needed.

If your symptoms from a cold or flu do not get better in 2-3 days, or if you are running a fever higher than 100.4 degrees, or if you have discolored nasal drainage or sputum (green/yellow, or bloody) you may need an antibiotic. Please call the office and we will instruct you.

Constipation

- Metamucil, Colace (may use generic).
- Increase the fiber and fluids in your diet.

Diarrhea

- Kaopectate, Pepto Bismol

Hemorrhoids

- Preparation H, Anusol HC, or Cortaid cream. You may use the creams or the suppositories.

Indigestion or Heartburn

- Mylanta, Maalox, Tums, or Rolaids

Nausea

- Eat dry toast or crackers from your bedside table when you first wake up. Remain in bed 15 minutes before moving around.
- Don't drink fluids for the first hour after waking up and then eat and drink small amounts of bland foods throughout the day.
- Avoid caffeine in coffee, tea, and soft drinks.
- Gatorade, Sprite, 7Up, juices, water, and milk as tolerated are OK.
- If you continue to have nausea you may also take Vitamin B6, 25 mg every 8 hours, and any food or drink with ginger (Ginger ale or gingerbread/gingersnap cookies) may also help.
- Unisom can also be taken (1/2 tablet twice daily or 1 tablet at night before bed) but may cause drowsiness.
- If you are unable to tolerate fluids call the office to be evaluated.

Nosebleeds

- Usually occur because of nasal dryness although sometimes they just happen.
- Avoid dry air and blowing your nose as much as possible. Apply Vaseline to moisten.

Travel

- In general, travel is safe up to a certain point in your pregnancy. Before leaving on any trip please check with Dr. Libson or one of the nurses. It would be best if you avoid long car or plane trips unless absolutely necessary. If you are far from home and having complications, you will put yourself in a position of having a stranger who is unfamiliar with your history taking care of you.
- Wear your seat belt at all times when traveling by car with the seatbelt snug over your lap, below the uterus.
- Stop and walk once each hour to prevent blood clots in your legs.

Work and Exercise

- Avoid heavy lifting, twisting, and impact activities. This includes activities where you could be injured (horseback riding, water skiing, etc.)
- You should avoid any activity that is so strenuous that you cannot carry on a conversation while participating.
- Most patients can continue to work and exercise throughout pregnancy.
- Walking, swimming, and stationary biking are OK.

Diet

- Please try to maintain a healthy balanced diet. The average weight gain during pregnancy is 25-30 pounds, although patients who are overweight may not need to gain as much.
- Taking prenatal vitamins and iron supplements is a healthy way to prevent anemia during pregnancy

Post Partum Depression Counseling

Samaritan Family Counseling
10008 West County Road 116
Midland, TX (432) 563-4144

Centers for Families and Children
835 Tower Drive
Odessa, TX (432) 580-7006

Please contact our office if you have any questions. For routine questions or minor problems, please call the office between 8:30am and 5:00pm Monday through Friday at (432) 333-2900. For emergencies that arise after hours you may contact Dr. Libson at his home (432) 362-9400 or Labor and Delivery can contact Dr. Libson for you. You may also reach Dr. Libson by cellular phone at (432) 631-9500.

If another physician is covering for Dr. Libson, Labor and Delivery or his cellular phone message will give you the contact names and numbers.

We look forward to welcoming this new addition to your family. Please let us know how we can help you through this pregnancy.