

## Instructions for Pregnant Patients

### Call if you have any of the following symptoms:

- Any vaginal bleeding
- Continuous leak or gush of fluid from the vagina
- Contractions that radiate from the lower back to the front and increase in strength and duration or if less than 5 minutes apart
- Swelling of the hands, feet and face accompanied by headache, blurred vision, or chest pain.
- Any stomach pain that does not subside
- Decreased or absence of fetal movement after you have felt the baby move

### Call or come in if you have had any trauma, such as, a fall or motor vehicle accident.

**Lake Norman OB/GYN, LLP (704) 663-1282**

I understand the above instructions given:

Patient Name \_\_\_\_\_ Date \_\_\_\_\_

Patient Signature \_\_\_\_\_

Witness \_\_\_\_\_ Date \_\_\_\_\_

#### COMMON COLD/HEAD CONGESTION

- \* Tylenol (regular or extra strength)
- \* Acetaminophen
- \* Sudafed (regular or extra strength)
- \* Sinutab (regular or extra strength)
- \* Actifed (regular or extra strength)
- \* Sine-Aid
- \* Tylenol Cold
- \* Chlor-Trimeton
- \* Claratin/Claratin D
- \* Flonase
- \* Zyrtec

#### COUGH

- \* Robitussin or Robitussin DM
- \* Benylin
- \* Cough drops (Halls, etc)

#### SORE THROAT

- \* Tylenol (regular or extra strength)
- \* Chloraseptic Spray
- \* Cepacol Throat Lozenge

#### HEADACHE

- \* Tylenol (regular or extra strength)

#### SLEEP

- \* Benadryl
- \* Tylenol PM

#### LEG CRAMPS

- \* Calcium
- \* Tums
- \* Tonic Water

#### HEAD LICE

- \* **RID ONLY!**
- DO NOT USE KWELL**

#### INDIGESTION/HEARTBURN

- \* Tums
- \* Mylanta
- \* Pepcid AC
- \* Zantac
- \* Rolaids
- \* Maalox

#### DIARRHEA

- \* Imodium A-D
- \* Kaopectate
- \* Donnagel PG

#### NAUSEA/MOTION SICKNESS

- \* Emetrol
- \* Vitamin B6 – 25mg
- \* Dramamine

#### CONSTIPATION

- \* Milk of Magnesia
- \* Dialose +
- \* Metamucil
- \* Hydrocil
- \* Fibercon
- \* Citracel

#### HEMORRHOID

- \* Anusol HC
- \* Preparation H

#### GAS

- \* Mylicon
- \* Phazyme
- \* Gas X

#### YEAST INFECTION

- \* Monistat
- \* Gyne-Lotrimin
- \* Vagistat

#### SINUS

- \* Vicks Vapor Rub
- \* Cool Mist Vaporizer
- \* Regular Saline Nasal Spray
- \* Tylenol Sinus  
(after 1<sup>st</sup> Trimester only)

**ABSOLUTELY NONE OF THESE MEDICATIONS:** Aspirin, Allegra, Motrin, Ibuprofen, Advil or Pepto Bismol