

# PREGNANCY COMPLAINTS – TIPS AND REMEDIES

*Birth Wellness & Women's Center*

Complaint	Tips / Remedies	Options
<b>Morning Sickness</b>	<ul style="list-style-type: none"> <li>• A protein snack before bed will help low blood sugar in the morning</li> <li>• Increase iron rich foods in your diet</li> <li>• Avoid cooking food in the house that upsets your sense of smell</li> <li>• Try anise, dried peach tree leaves, fennel seed, red raspberry or ginger teas</li> <li>• A teaspoon of cider vinegar in a cup of warm water</li> <li>• Smelling ground ginger</li> <li>• Vitamin B-6: take 25 mg four times a day</li> <li>• Keep something in your stomach every 2 hours</li> <li>• Get up slowly out of bed</li> <li>• Sea bands on both wrists for acupressure points</li> <li>• Infusion of ginger root may help or ginger tablets</li> <li>• Slippery Elm tablets, two before each meal</li> <li>• Aloe vera juice</li> <li>• Deep breathing relaxation exercises</li> <li>• Homeopathics: Ipecacuana 6X three times daily for 5 days; Nux Vomica 6X</li> </ul>	<ul style="list-style-type: none"> <li>• Emetrol Syrup</li> <li>• Dramamine (dimenhydrinate)</li> </ul> <p><b>Vomiting that is excessive</b> needs medical attention.</p>
<b>Mild cough, cold, sore throat, runny nose, flu</b>	<p><b>Drink plenty of fluids to help break up congestion.</b> Drinking water helps prevent dehydration and keeps throat moist.</p> <p><b>Inhale steam to ease congestion and stuffy nose.</b> Hold your head over a pot of boiling water and breathe slowly through your nose. You can also use a humidifier. Moisture from a hot shower with the door closed helps ease congestion.</p> <p><b>Blow your nose often.</b> Press a finger over one nostril while you blow <i>gently</i> to clear the other.</p> <p><b>Saline nasal sprays or salt water rinse to irrigate your nose.</b> Salt-water rinsing helps break nasal congestion while also removing virus particles and bacteria from your nose. Use a Neti pot filled with distilled water and a saline solution.</p> <p><b>Stay warm and rested.</b> This helps your immune system.</p> <p><b>Sore throat.</b> Gargling can moisten a sore or scratchy throat. Try a half teaspoon of salt dissolved in 8 ounces of warm water four times daily. Or, steep one TBLS of raspberry leaves or lemon juice in two cups of hot water; mix with one teaspoon of honey. Let the mixture cool to room temperature before gargling. Try natural throat lozenges or medicated throat lozenges (without benzocaine)</p> <p><b>Drink hot liquids.</b> Hot liquids relieve nasal congestion, prevents dehydration, and soothes inflamed membranes. If you can't sleep at night, try a hot toddy. Make a cup of hot herbal tea. Add one teaspoon of honey and one small shot (about 1 ounce) of whiskey or bourbon if you wish. Limit yourself to one. Too much alcohol inflames those membranes and is counterproductive.</p> <p><b>To help congested sinuses.</b> Apply a dab of mentholated salve under your nose. Menthol, eucalyptus, and camphor may help relieve the pain of a nose rubbed raw. Apply hot packs around your congested sinuses. Sleep with an extra pillow under your head.</p> <p><b>Eat a well balanced diet.</b> Increase Vitamin C foods, and add vitamin B supplements if you are under stress. Eating garlic or onions can help with infections. Zinc and vitamin c will help increase your resistance.</p>	<ul style="list-style-type: none"> <li>• Mucinex (guaifenesin) to break up mucous.</li> <li>• Sudafed to open up nasal passages: <b>avoid in the 1<sup>st</sup> trimester.</b></li> <li>• Claritin or Bynedryl for runny nose or allergies.</li> <li>• Robitussin DM for cough – does not stop cough, it brings up mucous.</li> <li>• <b>For sore throat:</b> Screts lozenges or Cepacol Sore Throat Spray; Halls or Robitussin lozenges (menthol); Vicks lozenges with honey</li> </ul> <p><b>Call</b> if fever remains above 100.4 one hour after taking Tylenol, difficulty with breathing or short of breath not associated with a stuffy nose.</p>
<b>Mild headaches, allergies</b>	<ul style="list-style-type: none"> <li>• Get plenty of rest</li> <li>• Soak a washcloth in cold water with a few drops of essential oil of lavender. Apply to forehead and rest in dark room</li> <li>• Excessive caffeine can cause headaches, as can caffeine withdrawal, so a cola or cup of caffeinated tea may help</li> <li>• Exercise regularly</li> <li>• Try relaxation exercises</li> <li>• Massaging the neck and spine may help</li> </ul>	<ul style="list-style-type: none"> <li>• Acetaminophen for headaches</li> <li>• Take Claritin or Bynedryl for allergies</li> <li>• <b>Avoid</b> aspirin or ibuprofen</li> </ul>
<b>Heartburn, indigestion, Gas</b>	<ul style="list-style-type: none"> <li>• Eat smaller, more frequent meals</li> <li>• Avoid spicy or greasy foods</li> <li>• Stay away from fried or greasy foods and sweets</li> <li>• Remain upright for an hour after eating, lying down can irritate the problem</li> <li>• Eating yogurt or drinking milk can help</li> <li>• Try a TBLS of honey in a glass of warm milk</li> </ul>	<ul style="list-style-type: none"> <li>• Tums, Mylecon, Milk of Magnesia and Maalox are safe to take in pregnancy</li> <li>• <b>Do not</b> take Alka Seltzer</li> </ul>
<b>Acute episode of diarrhea and vomiting</b>	<ul style="list-style-type: none"> <li>• Take activated charcoal - capsules or powder - follow directions on bottle</li> <li>• Drink broths</li> <li>• Eat as tolerated, only light, bland foods, such as crackers or plain bread. Add vegetables and proteins that don't upset your tummy.</li> <li>• Stay away from fried or greasy foods and sweets</li> <li>• Drink apple cider vinegar diluted in water</li> <li>• Drink fluids with electrolytes, such as Recharge, coconut water or Gatoraid.</li> <li>• Avoid juices and soft drinks</li> <li>• Rest after eating with head elevated</li> </ul>	<ul style="list-style-type: none"> <li>• Imodium A-D is considered safe</li> <li>• <b>Do not take</b> diarrhea medications that contain sodium / sodium bicarbonate.</li> <li>• <b>NO</b> Pepto Bismol or Bismuth.</li> </ul>
<b>Constipation, hemorrhoids</b>	<p><b>Constipation:</b> Increase your water to 8-10 cups per day. Take daily walks. Increase the fiber in your diet. You can eat bran muffins, raisin bran cereal, oatmeal, nutigrain cereal, pears, etc. Increasing raw vegetables in your diet is often helpful. Drink prune juice.</p> <p><b>Hemorrhoids:</b> Avoid straining</p> <ul style="list-style-type: none"> <li>• Apply baking soda wet or dry to take away the itch, even add some to your bath water</li> <li>• Witch hazel or lemon juice to reduce swelling or bleeding</li> <li>• Comfrey or Yellowdock Root ointment</li> <li>• Herbal sitz baths</li> </ul>	<ul style="list-style-type: none"> <li>• Metamucil, Citrucel or Benefiber once or twice a day. <b>NO</b> laxatives.</li> <li>• Preparation H and Tucks pads (witch hazel) for hemorrhoids</li> </ul>

<b>Varicose Veins</b>	<ul style="list-style-type: none"> <li>• Avoid sitting or standing for long periods of time</li> <li>• Avoid high heels</li> <li>• Gentle exercise / swimming</li> <li>• Compression hose</li> <li>• Avoid crossing your legs while sitting</li> <li>• Elevate your legs</li> <li>• Sleep on your left side</li> <li>• Get plenty of water and sufficient fiber</li> <li>• Try compresses: witch hazel or apple cider vinegar with a cold washcloth</li> <li>• Warm bath with epsom salt</li> <li>• Dandelion tea</li> </ul>	<p><b>Call us</b> if veins become swollen, warm, tender, or red, or bleed; if you have a rash or if the skin changes color.</p>
<b>Pelvic, groin, hip, back sciatica discomfort</b>	<ul style="list-style-type: none"> <li>• Utilize good posture</li> <li>• Use proper lifting techniques</li> <li>• Pelvic rocking</li> <li>• Massage</li> <li>• Chiropractic adjustments may help</li> <li>• Sleep with pillows supporting your legs and back</li> <li>• Wear flat heeled shoes that offer good support</li> <li>• Stretch daily</li> <li>• Yoga</li> <li>• Heat (bath, shower, pad, sock)</li> <li>• Swimming</li> <li>• Don't move in a jerky fashion</li> <li>• Herbal Liniments may help</li> </ul>	<ul style="list-style-type: none"> <li>• Tylenol</li> </ul>
<b>Mild Itching, skin changes</b>	<p><b>Avoid:</b> Scented laundry detergent and dryer sheets; perfumes and scented lotions; hot baths and showers; scratching the affected area; exposing your skin to direct sunlight as much as possible</p> <ul style="list-style-type: none"> <li>• Wear clothing made of natural fibers, such as cotton</li> <li>• Wear clothing that is loose so it is less likely to irritate the skin</li> <li>• Apply a cold compress on the area</li> <li>• Drink plenty of water</li> <li>• Pat your skin dry after every bath to avoid irritation</li> <li>• Take a warm (not hot) oatmeal bath (grind oats in a coffee grinder)</li> <li>• Apply coconut oil over your body after bathing</li> <li>• Apply baking soda and water paste on the itchy areas</li> <li>• Dab apple cider vinegar on the areas using a clean cotton ball</li> <li>• Apply some aloe vera gel on the itchy area, leaving it on for a few minutes before rinsing off with water</li> <li>• Try calendula cream or Vitamin E oil or cream</li> <li>• Dandelion tincture taken by mouth, 1 dropperful 3 X per day</li> </ul>	<ul style="list-style-type: none"> <li>• Calamine lotion</li> <li>• Benadryl for soothing itchiness</li> </ul> <p><b>Call if</b> you experience severe itching</p>
<b>Round Ligament pain</b>	<p><b>Exercise and rapid moves: sneezing, coughing, laughing, rolling over in bed or standing too quickly can cause Rd lig pain.</b></p> <ul style="list-style-type: none"> <li>• <b>Get plenty of exercise.</b> This keeps your core muscles strong. Stretching and yoga can be very beneficial.</li> <li>• <b>Avoid sudden movements.</b> Change positions slowly (such as standing up or sitting down)</li> <li>• <b>Flex your hips.</b> Bend and flex your hips before you cough, sneeze, or laugh to avoid pulling on the ligaments.</li> <li>• <b>Apply warmth.</b> A heating pad or warm bath may be helpful.</li> </ul>	<p>Sharp Rd. lig pain should not last long.</p> <p><b>Call</b> if your abdominal aches or pains continue after a short rest and are accompanied by severe pain/cramping.</p>
<b>Leg Cramps</b>	<ul style="list-style-type: none"> <li>• Adequate calcium and magnesium intake</li> <li>• When the cramp begins, bring your toes towards you, and massage the muscle</li> <li>• Dissolve four tablets of Magnesia Phosphorica 6X in a small glass of warm water</li> <li>• Regular exercise</li> </ul>	-----
<b>Shortness of breath, dizzy, lightheaded</b>	<ul style="list-style-type: none"> <li>• Avoid standing for long periods of time</li> <li>• When resting lay on your side as opposed to your back</li> <li>• While standing, practice contracting and relaxing your leg and buttocks muscles to help blood return to your head</li> <li>• When sitting return to standing slowly</li> <li>• Don't get out of a hot bath too quickly</li> <li>• Keep cool in hot weather</li> <li>• If you feel faint, sit to avoid injury and place your head lower than your body, kneeling on all fours works too</li> <li>• Make sure your blood sugar isn't low, eat small protein rich snacks throughout the day</li> <li>• Watch posture, sit up straight</li> <li>• Take a few drops of Bach Rescue Remedy as soon as your start to feel faint</li> </ul>	<p><b>Call</b> if you feel pain with deep breaths, fast breathing, and a fast pulse.</p>
<b>Numbness or tingling in legs, arms, hands, belly</b>	<ul style="list-style-type: none"> <li>• At night, shift your sleeping position . Try shaking your hands until the pain or numbness reduces.</li> <li>• Flex your fingers, hands and feet regularly throughout the day. If possible, avoid jobs requiring repetitive hand movements</li> <li>• A cold compress may help reduce the swelling and pain. It is best to avoid hot compresses, which may increase the swelling.</li> <li>• Try soaking your hands and/or feet in a bowl of water containing a few drops of lavender or chamomile oil.</li> <li>• For carpal tunnel, wear a "wrist splint" when you are sleeping and during the day as needed.</li> <li>• See a chiropractor</li> </ul>	<p>Swelling in your body may press on nerves, resulting in tingling and numbness in the legs, arms and hands. The skin on your belly may feel numb, too, because it is so stretched out.</p>
<b>Nosebleeds</b>	<p><b>Stem the flow of blood:</b> Lightly compress nose in center of nostrils. Plug the nostril with vinegar dipped in cotton. Eating foods high in zinc, vitamin C and vitamin K can reduce bleeding and promoting clotting, such as whole grains, leafy greens, nettle infusion and citrus fruits. Vitamin C rich foods helps produce more collagen, which moistens the lining of the nose. You can hydrate your nasal canals by breathing in steam. Be sure you are drinking at least 8-10 glasses of water each day to keep hydrated.</p>	-----
<b>Stuffy nose, chemical allergies</b>	<p>If exposed to chemicals that give you a stuffy nose, runny eyes, itchy throat, cough or you feel dizzy or get a headache: have someone remove the chemical from your home; remove yourself from the area; ask anyone wearing a chemical fragrance to remove themselves from the area. Go outside for fresh air. At home, open all windows. Avoid exposure.</p>	-----
<b>Braxton hicks, mucus plug</b>	<p>Bxt Hicks can intensify near the time of delivery. <b>Triggered by:</b> dehydration, when very active, if someone touches your belly, lots of fetal movement, when bladder is full, after sex. Change your activity: take a shower, walk around, eat something, lay down. If they continue, call. Mucus plug by itself does not mean labor is imminent. Call if the mucus plug is accompanied with regular contractions.</p>	<p>Have a baby!!</p>

Call **423-443-4335** M-F during business hours, 9am to 4pm OR email **midwives@birthwellness.com**. We will get back to you during business hours.