# WOMEN'S CARE OF WEST GEORGIA, LLC
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Phone: (770) 771-5235
Consult Physician before taking any other medicaitons

| MEDICATIONS YOU CAN TAKE: | MEDICATIONS YOU CANNOT TAKE: |
|---|---|
| TYLENOL | NYQUIL |
| TUMS | BENADRYL |
| Milk of Magnesia | |
| After 12 weeks: | ASPIRIN |
| ZANTAC 75MG (TWICE A DAY) | ALEVE |
| SUDAFED | MOTRIN |
| Tylenol Cold and Sinus | ADVIL |
| Robitussin Plain | ROBITUSSIN DM |

## SOLUTIONS TO COMMON PROBLEMS WITH PREGNANCY:

Headache (not a migraine):     Two (2) Tylenol every four (4) hours.

Back and/or Legs hurting:     Two (2) Tylenol every four (4) hours.

Toothache:     Two (2) Tylenol every four (4) hours, if persistant, call Dentist.
Cold or Sinus Infection:     Sudafed after 12 weeks (3 months) pregnant.
Robitussin (plain) **Do not use DM**
Afrin Nasal Spray
Ocean Spray

Constipation:     Senokot
Fibercon (any other fiber laxatives)
Drink lots of fluids (mainly water)

Diarrhea:     Immodium AD

## PROBLEMS YOU NEED TO CONSULT (CALL) PHYSICIAN ABOUT:

Bleeding:     any signs of pink or red spotting or constant bleeding.
**Heavy Bleeding like a period, go immediately to the ER.**

Contractions:     belly getting tight (hard) and then releases (softens).  If this occurs
Six (6) times or more in one (1) hour and does not stop go to
Labor and Delivery at the Hospital.

Unusual Headache:     blurred vision, nausea or migraine intensity.

Loss of Mucous plug:     does not necessarily mean you are in labor, if you are greater than
35 weeks (8 months) there is no need to call.  If you are less than
35 weeks (8 months) call your physician.

Leakage of Fluid:     continuous flow or fluid from vagina.  Clear or blood tinged in color
Having no urine odor, unable to control flow.

Swelling of Face/Hands:     Severe swelling of the face or the hands.
(swelling of ankles or feet is normal in pregnancy)

Symptoms of Pre-Eclampsia: Headaches, Visual Disturbance (seeing spots or flashes),
Epigastric (stomach) pains, if this occurs go to Labor and
Delivery at the Hospital