

FREQUENTLY ASKED QUESTIONS DURING PREGNANCY and AFTER DELIVERY

1. Is “Spotting” okay?

Yes, spotting is fine in pregnancy. If the spotting becomes a flow (like a period) you should call the office right away. If you have a history of miscarriage or a low lying placenta (which the Dr. will inform you) you should call the office right away.

2. Is cramping okay?

If you are having cramping in the early stages of pregnancy, call the office. If you are more than 16 weeks, please make sure you are drinking plenty of water. Dehydration can cause cramping and abdominal discomfort.

3. Can I take road trips?

Yes. You can go on road trips. Make sure you make frequent stops to stretch and go to the rest room. Also have small snacks regularly. Always wear your seatbelt.

4. When can I fly?

You can fly AFTER 12 weeks and BEFORE 32 weeks.

5. What can I take when I’m sick?

Headaches: Tylenol, Tylenol PM (if you have trouble sleeping)

Colds: Tylenol Cold, Sudafed

Cough: Robitussin DM, Delysm

Heartburn/Indigestion: Tums, Zantac, Pepcid, Maalox

6. What can I take when I’m constipated?

You should try to have lots of Fiber and lots of fluids. You can take Benefiber, Dulcolax, and Metamucil.

7. Is swollen feet normal?

Yes, your feet will swell. You should keep your feet up.

8. Are swollen hands normal?

Yes, your hands will swell.

9. Is discharge okay?

Yes, you might notice some discharge during the pregnancy. If it has a foul smell or any discomfort you should make an appointment.

10. When should I start feeling the baby move?

You may start to feel some movements between 19 and 22 weeks.

11. What do I do if I have not felt baby move in hours?

If your baby hasn't moved as usual, drink something with caffeine like soda or tea. If the baby does not start to move within the hour, call the office. There should be an average of 10 movements per hour.

12. What do I do when I have nausea and vomiting?

Drink lots of fluids. Gatorade helps with keeping you hydrated. Stick to simple foods like crackers and soups. Keep it light.

13. Is it okay if I urinate more than usual?

Yes, you will find yourself going to the rest room more often. If you have any burning or discomfort while urinating, please make an appointment.

14. What do I do when I have blurry vision?

Lie down and drink water. Call the office if this occurs.

15. What can I do when I have heartburn/indigestion?

You can take Tums, Maalox, and Pepcid.

16. Is breast discomfort okay?

Yes, your breasts will become engorged and it may cause discomfort.

17. Can I exercise?

Yes, if you are already used to exercising. You should not do anything overwhelming.

18. What is the weight limit that I should carry?

No more than 20 pounds.

19. Can I have sex?

Yes, you can have sex. It may be uncomfortable. In this case you should find a position that works best for you.

20. What do I do about hemorrhoids?

You can use Preparation H, Tucks, or Anusol HC

21. Can I visit the dentist?

Yes, when you need to go to the dentist, the office will give you a letter for the dentist.

22. Should I be losing my hair?

Some women experience hair loss. This is due to the hormonal changes.

23. Can I have a vaginal delivery after a C-section?

No, it is not recommended.

24. Can I drink Green Tea? Yes

25. Can I dye my hair? Yes

26. Can I have fish?

You can have seafood that has a low amount of mercury.

27. Can I take Gardasil vaccine during pregnancy?

No, you cannot take the vaccine during pregnancy.

28. Can I take Gardasil vaccine while I am breast feeding?

No, you cannot take the vaccine while breast feeding.

29. Is it OK not to get your period when you are breast feeding

During breast feeding you may not have your period.

30. Can I breast feed when I have a cold?

Yes, you can breast feed when you have cold symptoms. Just keep in mind not to breathe directly on your baby.

31. When do I come for my postpartum visit?

You should schedule an appointment 4 to 6 weeks after delivery.

32. Should I have breast pain during breast feeding?

Some women experience discomfort during feeding. If you are having extreme pain and/or bleeding from nipples, you should call for an appointment.

33. Who is responsible for my baby's health care?

You should have your baby seen by a pediatric physician. Your OBGYN is NOT responsible for your baby's health care.

34. What over the counter (OTC) medicines can I take while breast feeding?

You can take anything that's from the list that was given to you in your OB folder.

35. When can I start having intercourse?

If you are feeling well, intercourse is ok after 6 weeks from delivery.

36. Should I be having vaginal bleeding after a C-section?

Yes, no matter what kind of delivery you have, there will be vaginal bleeding for a few weeks.

37. What do I do if my C-section incision is swollen?

You should apply a warm compress to the swollen area. Keep in mind, rest is very important after C- section. The more rest you have, the faster and more comfortable it will heal.

38. What do I do if my incision seems to be infected?

You should call the office for an appointment. While you wait for your appointment, keep it as dry as possible.

39. Can I take a bath after a C-section?

No, you should take only stand-up showers while your C-section incision is healing. Soaking in bath water can make the incision prone to infection.

40. For how long do I have to keep the surgical tape on?

They will come off by themselves in a few weeks. Do not force them off.

41. When and how are the staples removed?

The staples are removed about a week or two after your C-section. They are easily removed in the office.