

# Before Your First OB Appointment



**Welcome to our practice! Thank you for choosing our practice to provide your pregnancy care.**

We look forward to your first visit with us. Until we meet, you may have questions about your pregnancy. Below is information that you may find helpful. Please take the time to review this information before your first office visit. If you have a UPMC patient portal account, we will be sending important information for you to review through this electronic portal.

## Medications

All medications can affect your body in some way. Please contact us before continuing or discontinuing your medications. **The following medications are generally considered safe to take during pregnancy.**

Cold/Flu/Pain	Vitamins
<ul style="list-style-type: none"><li>• After the 1<sup>st</sup> trimester, plain Sudafed® 30-60 mg every 6 hours as needed for congestion</li><li>• Tylenol® (acetaminophen) every 4 hours as needed for fever or body aches<ul style="list-style-type: none"><li>○ Do not exceed 4 grams in 24 hours</li><li>○ No ibuprofen, aspirin, or naproxen</li></ul></li><li>• Cough drops or lozenges (Screts®, Ludens®, Ricola)<ul style="list-style-type: none"><li>○ Nothing with phenol or menthol</li></ul></li><li>• Ocean/saline nasal spray</li><li>• Robitussin® Mucous and Chest Congestion (containing only guaifenesin)<ul style="list-style-type: none"><li>○ Nothing with alcohol</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Prenatal vitamins</li><li>• Folic acid 0.4 mg = 400 mcg daily</li><li>• Vitamin C (up to 1,000 mg per day)</li><li>• If vitamins cause nausea, take with food or at nighttime. If that does not help you can try Flintstones™ chewable with folic acid and take 2 times daily</li></ul>
Nausea/Vomiting	Allergy/Sinus
<ul style="list-style-type: none"><li>• Vitamin B6 (pyridoxine) 50 mg 3 times a day</li><li>• Unisom® (doxylamine) ½ tablet up to 3 times a day</li><li>• Sea-Band® Anti-Nausea Acupressure Wristband</li><li>• Ginger tea and peppermint candy</li><li>• Call office if vomiting lasts more than 24 hours</li></ul>	<ul style="list-style-type: none"><li>• Benadryl® tabs or capsules; Benadryl® cream</li><li>• Claritin® or Zyrtec® (all without “D” or decongestant added)</li><li>• Calamine lotion or Caladryl</li></ul>
Indigestion or Heartburn	
<ul style="list-style-type: none"><li>• Tums®, Mylanta®, Maalox®, Pepcid®</li><li>• No Pepto-Bismol®, Alka Seltzer®, or aspirin-containing products</li></ul>	

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Constipation	Hemorrhoids
<ul style="list-style-type: none"> <li>• Colace (docusate sodium), Metamucil®</li> <li>• Stool softeners are ok, avoid laxatives</li> <li>• Milk of Magnesia as needed</li> <li>• Increase natural fiber and water/fluid in your diet</li> </ul>	<ul style="list-style-type: none"> <li>• Preparation H®</li> <li>• Anusol®</li> <li>• Warm tub soaks</li> <li>• Tucks®</li> </ul>
Diarrhea	Yeast Infections
<ul style="list-style-type: none"> <li>• Nothing with bismuth</li> <li>• Call if diarrhea lasts more than 24 hours or if fever equal to or greater than 101 degrees F</li> </ul>	<ul style="list-style-type: none"> <li>• Monistat 3 or 7 vaginal cream (miconazole)</li> </ul>

## Diet

Eat a smart, well-balanced diet including fruits, vegetables, dairy, and protein to nourish you and your baby.

- You may eat deli meats, but they should be heated to 165 degrees Fahrenheit before eating.
- Dairy products should be pasteurized. Avoid soft cheeses, such as feta, brie, and Mexican style cheeses unless they clearly state that they are made from pasteurized milk.
- Most common seafoods are fine – avoid snapper, swordfish, albacore tuna, shark, tilefish, king mackerel, bigeye tuna, marlin, and orange roughy.
- Limit your caffeine to around 250 mg a day, which is about one 12 oz. cup of coffee. Many drinks contain caffeine so check the labels to be safe.

## Connecting with Us

If you do not have a UPMC patient portal account, we strongly encourage you to create one at [UPMC.com/PatientPortals](https://UPMC.com/PatientPortals). Messages through your UPMC patient portal account are a great way to communicate with us for non-urgent needs or concerns. You will also be able to see test results, make appointments, and receive additional educational information. This portal should not be used for emergencies such as bleeding or pain. Please call our office with emergency concerns.

If you have any questions or concerns before your appointment, please reach out to our office and we will be happy to help. **We look forward to seeing you soon!**

- If you follow a special diet, please discuss with your provider during your first OB appointment.

## Drugs and Alcohol

Avoid **completely** while pregnant.

## Cats

Avoid cleaning cat litter boxes and sick cats.

## Seat Belts

Seat belts protect you and your baby in important ways. It is best to wear both the shoulder and lap belts. Place your lap belt under your belly, across your hips and thighs.

## Bleeding/Spotting

Please call our office if you have bleeding or spotting.