

# OB PATIENTS

## 1. Colds, Flu

A) OK to Take:

Tylenol – Aches and pains  
Sudafed – Congestion  
Robitussin DM – Coughing  
Chloraseptic/Cepacol Lozenges – Sore Throat

B) Come in to see **Doctor:**

Fever over 101  
Coughing up a lot of phlegm  
Not getting better in 2-3 days  
Anytime patient is worried

## 2. Allergies

A) OK to Take:

Benadryl

## 3. Constipation

A) OK To Take:

Konsyl Easy Mix – Stool softener and natural laxative  
Milk of Magnesia – to make it go  
Colace – if (hard-like little rocks – twice a day, takes a week to work).

## 4. Diarrhea

A) OK to Take

BRAT diet – Bananas, rice, applesauce, tea or toast

B) Come in To See **Doctor:**

Fever  
Not improved in 2-3 days  
Weak and Dizzy

## 5. Nausea and Vomiting

A) OK To Take:

Vitamin B6, Ginger, Ginger Tea  
Emetrol – over the counter syrupy stuff to settle stomach

B) Come in to see **Doctor**

Unable to even keep liquid down for more than one day  
Weak and dizzy (dehydrated)

## 6. Heartburn/Gas

A) Ok to Take:

Mylanta  
Maalox

## 7. Headaches

A) OK to Take:

Tylenol (or Extra Strength) 2 tabs every 4 hours  
DO NOT TAKE ASPIRIN OR ADVIL

B) Come in to see **Doctor:**

Dizziness or blurred vision

## Not Getting Better

### 8. Hemorrhoids

A) OK to Take:

Konsyl Easy Mix – daily to keep stools soft  
Preparation H or Anusol

### 9. Nose Bleeds or Gum Bleeding

A) Common in Pregnancy

B) Come in to See **Doctor**

Persistent or patient is worried

### 10. Leg Cramps – especially in both legs

A) OK to Take:

Oscal 500 or similar over the counter calcium, twice a day

B) Come in to see **Doctor**:

If only one leg hurting all the time

### 11. Dental

A) OK To:

See Dentist

Have X-rays with Abdominal shield

Get “Novocain”, some antibiotics and some pain pills –

**HAVE DENTIST CALL US TO DISCUSS MEDICATIONS**

**HAVE DENTIST FAX ANY PROCEDURES THAT NEED TO BE DONE FOR APPROVAL BY PHYSICIAN**

**\*\*\*PATIENTS NEED TO COME IN\*\*\***

**\*LABOR PAINS**

**\*BROKEN WATER BAG**

**\*VAGINAL BLEEDING**

**\*BABY MOVING LESS THAN USUAL**

	<b>Helpful Hints At Home</b>	<b>Medicine-Use If Needed</b>
Colds/Flu	Drink lots of fluids, (hot drinks, Soup, Juices) Get plenty of rest	Acetaminophen for discomforts Sudafed for congestion. Robitussin (plain) or Triaminic Expectorant for cough
Headache	Rest. Massage neck and shoulders	Acetaminophen (not more than 8 pills per day).
Constipation	Drink lots of fluids, (water and juices)	Metamucil, Colace, Senokot tabs, Ducolax, glycerine suppositories.
Diarrhea	Avoid milk and milk products. Don't eat for 4-6 hrs., then drink clear liquids, (broth, apple juice, Gatorade)	Kaopectate as directed
Indigestion/ Heartburn Gas	No spicy or fried foods. Eat 6 small meals a day. Don't eat 2 hours before bed time	Maalox, Riopan, Tums, (not Roloids) Mylicon, Mylanta as directed
Nausea/Morning Sickness	Frequent small meal. Plain crackers before getting out of bed. Sprite or 7-up	
Backache	Heat, massage, pelvic rock. Avoid back strain and heavy Lifting.	Acetaminophen
Hemorrhoids	Good diet. Avoid constipation and excess straining during bowel movements.	Tucks compresses
Leg Cramps	Good diet. Leg exercises. Rest with legs up.	
Sharp side pain	Rest. Avoid standing or walking for long periods. Warm baths or showers	Acetaminophen
Swollen feet	Rest with legs up. Remove tight clothing. Avoid excess salt.	
Varicose Veins	Support hose. Rest with legs up several times during the day.	

**Acetaminophen products include:**  
Tylenol, Tempra, Datril and Panadol

# **OB PATIENTS**

*If you have any of the following go to labor & Delivery at North Hills Hospital. **DO NOT CALL THE ANSWERING SERVICE. LABOR & DELIVERY WILL NOTIFY THE ON CALL PHYSICIAN. ANY PROBLEMS** related to the pregnancy needs to be evaluated in Labor & Delivery after hours and on weekends.*

**LABOR & DELIVERY # (817) 255-1667**

**IN PAIN**

**IN LABOR**

**VAGINAL BLEEDING**

**BAG OF WATER IS BROKEN OR LEAKING**

**DECREASED FETAL MOVEMENT**

**SEVERE VOMITING**