

Toolkit to Survive AND Beat PUPPS



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Finally, use your head. Nothing in this resource is intended to replace common sense, legal, medical or other professional advice.

Always contact your care provider before taking supplements or using certain creams.

Disclaimer: I am not a medical doctor. I am just sharing information that I have gathered from my experience and from the internet. It is your responsibility to check with your care provider as you make choices in what to try to help with your PUPPS. Please discuss any medication (over the counter or prescribed) or herbal remedy with your care provider.

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Introduction and About the Author

I don't think many authors start their book with saying, "I'm Sorry."

But I am sorry you needed this PUPPS* Toolkit. It means that you have a horrible, itchy pregnancy rash. Maybe it is just starting or maybe it is full blown, but you know you need help.

I was in your shoes a few years ago and it was not easy! I was pregnant with my 3rd baby and started developing a rash at 32 weeks. My OB wasn't helpful at first. So, I scoured the internet for ideas. I begged my OB for help, which still didn't come. I felt very alone. My friends didn't understand or appreciate what I was going through. My husband tried to help, but really what could he do when I would wake up in tears after having removed the socks from my hands in my sleep and scratched myself until I was bleeding???

I was ready to schedule a repeat cesarean (after a very wonderful VBAC with #2.) I just didn't think I could be pregnant any longer than necessary. Then I finally started getting some help and finding solutions that helped me.

Not only did I survive, I triumphed and BEAT my PUPPS.

You will survive too, and this resource can help you every step of the way!

**PUPPS is also known as PUPPP. It is Pruritic Urticarial Papules and Plaques of Pregnancy OR Polymorphic Eruption of Pregnancy. I refer to it as PUPPS throughout this Toolkit.*

There is Hope!

I want to help you do more than just survive the next few weeks; I want to help you Beat your PUPPS, to find relief.

A few weeks after that crying episode, I was still pregnant but able to sleep without socks! My rash was gone and I was able to enjoy the rest of my pregnancy. I didn't schedule the cesarean. Bryson was born on his own schedule at 41.5 weeks and it was an [enjoyable birth](http://www.youtube.com/enjoybirth)¹. His birth inspired me to become a Hypnobabies Childbirth Educator and Birth Doula. I have been working with pregnant moms ever since.

I have never forgotten my suffering (that is truly what it was). That is why I want to help YOU!

I can't promise that **what I did** will help you, but I can tell you all the different tools I have learned about from other moms who have managed their PUPPS. Many of them got to the point where I did. I wrote this book to share all of these tools so that **you will find the right combination for you!**

¹ <http://www.youtube.com/enjoybirth>

Care Providers Should CARE or at the very least KNOW

I had what I consider to be a pretty good care provider. But she failed me when it came to my PUPPS experience.

Here are some of my journal entries during that time: *August 17th – I showed Dr. K my legs and stomach. She said it was probably the detergent I was using. It is maybe an allergic reaction of some sort. I doubt that because I use fragrance free stuff and haven't switched to anything new.*

Aug 30th -- Saw Dr. K. She said I need to go to the dermatologist for my rash, that it wasn't pregnancy related. I asked to start non-stress tests (not related to rash – rather from previous birth experience) and she seemed to feel that unnecessary, but I pushed for it and got the referral. I went out and bought a bunch of different over the counter things for my rash last night. Really getting uncomfortable and feeling very disappointed Dr. K didn't seem to want to help with it.

I learned early on that some OBs just don't get it. They may not even know about PUPPS. If you are **itchy and have a rash**, that is a good sign, it is probably PUPPS which is not dangerous for you or your baby.

However, if you are **itchy and have NO RASH**, this could be a sign of something dangerous called [intrahepatic cholestasis of pregnancy \(ICP\)](#)². In this situation the liver is not ridding itself of bile efficiently. If your OB doesn't seem concerned about this symptom (itchy with NO RASH), insist on a blood test!!!

I think because PUPPS is safe for mom and baby, most care providers just don't care. They don't realize how HORRIBLE it is. I look forward to the day when a medical researcher or OB gets this. Maybe they will make it their mission to figure out what exactly is going on. Until then, we have each other. ☺

Even if your care provider doesn't seem to care, you should inform them of what you are doing. **Remember, I am not a doctor and you should talk about anything you want to try with your care provider and get approval!** Just because something is over the counter or herbal, doesn't mean it is safe during pregnancy. Your care provider should be involved in this aspect of your care.

If you are not happy with your care provider, you can always [change to a new one](#)³!

² <http://www.itchymoms.com/>

³ Tool to help you find the best care provider for you. <http://www.enjoybirth.com/kno-careprovider.html>

Basic Survival Skills

I am going to try and help you Beat PUPPS, but I am also going to give you tools to help you survive until your itching lessens.

Before I start on survival skills, let me ask:

Have you started using any new products lately?

Maybe, just maybe, it is a reaction to those new products. It would be so great if your rash is something as easy as this. Even if you have already been using a product, **you may have developed a sensitivity to it**, especially if they have fragrances. Using natural or fragrance-free products can be a better alternative.

Here is a checklist of things to think about

- Laundry Detergent
- Fabric Softener
- Lotions
- Soaps
- Perfume
- Aromatherapy
- Candles
- New Animals in the house?
- New Animal Bedding. (My son developed hives when his brother started using new bedding for his pet rat and the cage wasn't even in a room that he ever went into.)

Remember, just because something works for someone else, doesn't mean it will work for you. PUPPS seems to be very individual in nature. This is why you need to use to – Keep Track of What You are Doing, to see what works for YOU.

Aug 31st -- Showers seem to help. Took 2 today, but the second one when I washed my stomach with the Pine Tar Soap (everyone on the internet said it worked wonders) and it started STINGING, it was horrible. My stomach feels like sandpaper and it burns. I have book club here tonight. Had to call Louise and ask for her to bring snacks. I am unable to do anything but the basics. Wearing clothes is horrible. (I ended up wearing pajamas. My friends thought I was weird, until I showed them my rash!)

- Showers (hot, warm or cold – figure out what works best for you)
- Baths (hot, warm or cool – figure out what works best for you) Some like to add oatmeal
- Lotions*
- Clothing Is Optional - I spent the majority of my day naked. I slept naked and when I was home alone I was naked too. My DH would have loved it, except he wasn't allowed to touch me! I would want to cry when I had to get dressed to pick my older boys up from school. If you have to wear clothes, make sure they are loose!

Can't Sleep? Here are some tips!

- Wear Socks or Gloves on hands while sleeping
- Ice Packs can help numb the skin, can help you fall asleep
- You could ask your care provider for an antihistamine to help with sleeping or maybe even a sleeping aid? Remember these are drugs and may have side effects for your baby, so choose wisely.

Natural Healing versus Medication

There are 2 ways to go with managing your PUPPS- naturopathic or traditional medicine. Or you can try a combination of both. Remember that your baby will be getting some of whatever you take/use. So, choose wisely what you put on or into your body. There is not a right or wrong answer to this, only you can know what is best for you and your baby.

*See chart on PAGE 29 for some specific lotions.

Emotional Support

I think one of the hardest parts about PUPPS is that no one who hasn't experienced it really "gets it." Most care providers blow moms off. Because it isn't dangerous to mom or baby, they don't see it as a real problem. However, it IS mentally challenging and you do need care and support!

Most friends can't truly understand the suffering you are experiencing. They just think you are a little itchy. The general consensus of my friends was "Put some lotion on and you'll be fine!"

I think the best place to find emotional support is online, with other moms who have had or are experiencing PUPPS.

Join one of these groups and you can get some answers from moms who have been there and done that. I will be there cheering you on! You CAN survive and with emotional support you won't feel so alone.

1-3-5

Look for *1 improvement* as you try *3 things* at a time. Try them for at least *5 days* before moving on. I am not counting survival skills in these numbers, rather these are in addition to your basic survival skills.

I think sometimes we get so freaked out by our rash that we gather all this information and do EVERYTHING we read in hopes that something will work. It is much better if we do it a bit more systematically. That way we can really know what is working and what isn't.

Of course, you can keep doing all the survival type activities as much as you need! I am talking here about the more “inside out/outside in” type of things.

Maybe after reading about your options you decide to start with:

- Pine Tree Soap
- Dandelion Extract
- Gold Bond with Honey

Or whatever 3 things that are easy to get at a store near you and you get an OK from your Care Provider. So, you start with this for 5 days.

If you want to be proactive, you order the PUPPS soap and Lotion, knowing it will probably get to you in time to start the next 5-day cycle if you need it.

If you figure out the pine tree soap (or whatever) doesn't work for you, or seems to make it worse, go ahead and change that to something new, but stick with the other 2 things for 5 days. I have read from quite a few moms that the **inside-out things take at least 5 days to start working.**

Keep Track of What You Are Doing

You may be wondering – How am I supposed to keep track of all of these different tools I am using?

I have made you a chart, which will make it really easy.

Why should you keep track of things?

- Most importantly, along with pictures, it is a great way to have good conversations with your care providers. It allows them to see what you are doing and how it is working.
- It can motivate you as you see positive changes.
- It encourages you that there are other options if you are not getting the results you want.

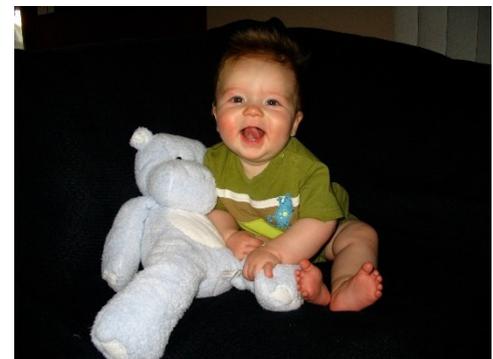
Take Pictures

This may seem like a horrible idea, but it goes hand and hand with keeping track of what you are doing. It is a great way to track how your progress is going and is a **great way to show your care provider what is going on, what changes are happening, etc.**

My advice is to take pictures once a week. Every Sunday (or Monday, or whichever day you choose) is picture day.



Here is the great thing that will come from this, you will get in the habit of taking pictures once a week. After your baby is born you can still take pictures once a week but this time of your baby! (Way more fun and enjoyable than pictures of your rash.) I suggest putting them next to the same stuffed animal every week, as it is a great way to see how they are growing. Honestly after a few weeks, I changed to once a month with my boys, but it was still great.



Working from the Inside Out

Many rashes and itchiness in life come **from issues with the liver**. No one knows why moms get PUPPS, but this may be a part of it for some moms (Each PUPPS case seems to be so unique, so there is not a one size fits all answer.)

There are some natural things a mom can do to help support her liver functioning. This may get to the heart of the problem and start real healing, from the inside-out!

Supplements/Food

Lemon Juice added to water.

Here is one mom's experience using lemon water:

“The solution that worked for me was lemon water. I put straight lemon juice from my bottle in the fridge into my water bottle I was drinking out of. I added as much of the pucker power as I could reasonably handle to my container of water and drank as much water as I could make myself take, about 10-12 glasses a day. I even took my lemon water bottle with me to the bathroom, which I visited often as I flushed my system.”

Flax Seed Capsules – help give you essential fatty acids. If you don't have enough it could potentially add to the PUPPS.

DHA Supplements – another source of essential fatty acids.

Changing Diet

Some moms have found that adding more healthy fats like avocados has helped.
Some moms have found that cutting out milk has helped.

Dandelion Root supplements can help with balancing the liver. It is available as a tea, capsules or a tincture (drops). Talk to a naturopath to see what a good/safe dose would be for you. Often the workers at natural food stores are trained and able to help as well.

There is mixed information on whether this has been proven safe during pregnancy.^{4/5}

From what I have gathered, it seems like it should be safe if taken in the proper dosage. So again, get a professional's opinion on what that would be for you.

Here is one Mom's experience using Dandelion Root:

“Dandelion Root capsules helped me. But you've got to do it religiously and I didn't see any results until **about 5 days** and by a week it was gone completely! It did seem to keep progressing the first few days I was taking them so don't be discouraged. And don't be a dummy like me and just stop taking it when you run out b/c the rash is gone... it will come back! And it will take another week to get it to go away!!!”

Nettles Tea

This is another natural remedy that many moms have used.^{6/7} It helps support liver and kidneys.

⁴ <http://www.americanpregnancy.org/pregnancyhealth/naturalherbsvitamins.html>

⁵ <http://www.thecradle.com/tryingtoconceive/herbsandpregnancy>

⁶ <http://www.thecradle.com/tryingtoconceive/herbsandpregnancy>

⁷ <http://www.motherlove.com/category/resources-faq-useful-herbs-during-pregnancy.html>

Acupuncture

Here is one mom's experience with acupuncture:

“My acupuncturist had never heard of PUPPP before, but she saw that the worst areas were on my liver “pathways” and she treated them this way:

First she used a seven star hammer- a tiny hammer with little points on the end, and she tapped it all over me- it's a little uncomfortable, but not bad and she doesn't do it for long.

Then she performed “cupping” where she uses glass cups with disposable plastic inserts that are suctioned on to the worst spots and leaves them on for only a few minutes. It's feels like really strong suction and you look like you've been attacked by an octopus' suckers for a few days- but it cleared up after two treatments!

I have to keep seeing her every week or so to maintain this until the baby is born-but I am itch free and sleeping again. One more thing I wanted to add to my posting is that my acupuncturist treats pregnant women all the time - it's important to make sure the practitioner has lots of experience, so you know they are cautious and the treatments are effective.”

Having said that- the other great thing about this treatment is that there are no medicines or steroids involved and it is completely natural, so you can feel safe about being treated this way.

Homeopathy

This naturopathic medicine is another way to work from the inside out. You need to get advice from someone who is trained in Homeopathy! Often people at nutrition stores, such as Mothers Market are able to help. Let them know the other items you are using, because for instance, Urtica Urens is made from Nettles. So, I don't know if it would be safe to take it and also drink Nettles Tea.

Here are the different types of Homeopathic remedies I have heard of Moms with PUPPS using with success:

- Apis Melifica
- Dolichos Pruriens
- Urtica Urens

If you have never used homeopathy before, it may seem strange, but I have seen it work with my family for many different symptoms. So it is worth a try.

Here is one [PUPPS Mom's experience](#)⁸:

“I guess she did some checking and in a couple hours told me to take a Homeopathic remedy called Apis Melifica 30C. I had HEARD of homeopathy but had NO clue about it. But at that point I was willing to try ANYTHING! I knew cortisone cream or antihistamines would be only temporary cover-ups at best. The only person in my small backwoods town I thought MIGHT have something homeopathic would be my chiropractor (whom I also work for as his massage therapist). I called him at five am and his wife brought the remedy by my house on her way to the office about 8am or so. I took as my midwife “suggested” (they can't prescribe anything in this state).

One pillule immediately gave relief and the burning sensation stopped although the bumps remained. She told me not to take any more until the burning returned. 20 minutes later I took another dose. An hour and a half later I needed to take another. The next day about 3am (same time it started up the day before) I woke to take another dose and that was it! Two months later I was stung by a wasp and had the Apis with me at my in-laws house so took one more dose but that was it.”

⁸ <http://hpathy.com/homeopathy-clinical-cases/how-i-got-into-homeopathy-a-case-of-pregnancy-induced-rash-pupps/>

Prescription Medications

I put this section last in the inside-out section so you could see all of the other alternatives for dealing with PUPPS. There are a lot of options to try before medications.

Prescriptions are something you would need to get from your care provider. Some are happy to prescribe things, some are not.

I think that this is a great reason why you are taking pictures and tracking what you are doing. If a woman tries many natural things and is not seeing an improvement after a week or two, coming in with her chart filled out and her pictures, her care provider is likely to be more supportive in trying a prescription route.

I will say that prescriptions were one of the tools I used in my attack against PUPPS. With the more I have learned, I think I would have started with more natural tools and resorted to the medications after few weeks of trying the other more natural alternatives. However, I do not judge moms who use prescription medications as one of their tools. **I understand that desperation.** Do what is best for you and your baby. Only you can know what that is!

Steroids

This is another inside out way of dealing with rashes. It has helped some moms, but for some moms it doesn't help.

All medications do have some risk to baby, so choose wisely the ones you take.

Antihistamines

This can help with the itchiness and sometimes help moms sleep better too.

Some antihistamines are Zyrtec or Atarax

Sept. 3rd -- I am happy to say the medicine seems to be helping a lot! Most importantly I was able to sleep. I was a little foggy today because of the medicine, but tonight I will just take one pill before bed... yesterday I took a pill at 5 as soon as I got it and then one at 11 when I woke up, the directions say take every 6 hours as needed. I think with the cream, which also has helped I should be fine with 1 pill at night. My stomach still looks awful and is uncomfortable, but completely bearable, the rest of me, my arms and legs feel SO much better.

Sept 8th -- My legs are clearing up. I only have rash on stomach now and it is fading. The nurse on Tues said it still looks pink to her. I think it looks great. Who cares what it looks like, I don't have the need to scratch myself all day. The Dr. prescribed me Atarax 25 mg, which I take one at night, helps me sleep and not itch, going to try half a pill tonight. The cream he prescribed me is Fluocinonide Cream .05%. I am not sure what helped more, but I smeared myself pretty good with that cream for a few days. I am now down to just 2 times a day on my stomach. I started at 4 times a day.

Honestly, I don't think I could have survived as many weeks as I have left at the uncomfortable state I was in. Today I maybe still do itch a bit, but I can deal with THIS for 7 more weeks if need be. People ask how I am feeling and I have to say GREAT, because compared to how I was... this is GREAT. Who cares if I waddle around looking huge, who cares I can barely get off the couch by myself, who cares that I pee almost every hour. I am NOT itching to distraction. Life is good.

That any Dr. would tell their patients to just deal with it, makes me so mad. When there are options, which maybe wouldn't help them... but they did help me!

Mental/Emotional Tools

Studies have shown that [chronic itchiness can cause stress](#)⁹. You don't need a study to prove that to you! Here are some inside-out mental/emotional tools to help you deal with the itchiness.

Hypnosis

Hypnosis can help put new ideas into your subconscious mind. It is a very powerful tool. I have used it in many areas of my life, including giving birth without medication while staying comfortable! I didn't use hypnosis specifically for itchiness when I had PUPPS, but it could be a good tool to help deal with itchiness.

EFT - Emotional Freedom Technique

[EFT is a simple healing technique.](#) It is done by focusing on an issue (in this case your PUPPS) while gently tapping on acupuncture points. It is easy to do and can be a great tool to use for healing.

Prayer/Blessings

I relied on prayer to help me get through some of the toughest times with my PUPPS. Turning to a higher power can be a great source of strength and help!

Affirmations

Affirmations are another good mental tool. It is easy to feel very negative about your skin and your situation when dealing with the chronic itchiness and discomfort that comes from PUPPS. Affirmations can help you feel more positive about your situation.

Print these out and hang them up where you will see them every day. Say to yourself throughout the day.

⁹ <http://www.reuters.com/article/2009/12/29/us-itchy-skin-idUSTRE5BS29620091229>

The other links on this page can be found at <http://survivepupps.com/pupps-links/>

- My skin is healing itself from the inside-out.
- I am using carefully chosen products to help my skin heal itself from the inside-out.
- My skin is healing itself from the outside-in.
- I am using carefully chosen products to heal my skin from the outside-in.
- I am surviving PUPPS.
- I surprise myself by sleeping longer and longer stretches each night.
- I am at peace just where I am. I accept my good, knowing all my needs and desires will be fulfilled.
- I love and approve of myself. I am at peace with the process of life.
- I stay hydrated, which helps my skin to heal more quickly.
- My liver is healthy and functioning well.

If you enjoy affirmations, [Hypnobabies](#) has some wonderful pregnancy and birthing affirmations.

If you have trouble saying these affirmations

maybe it just seem not even possible,

then add these statements before the affirmations.

I surprise myself that...

Or

How would it feel if...

This will make it easier to say and your mind will believe it!

Working from the Outside In

This is where you work on healing your skin and making it more comfortable while it heals.

I already talked about some of these in the Survival Section. I will look at certain ones in more detail. But some are very self explanatory.

Lotions (many more listed on chart)

- **Sarna Sensitive** – This is recommended on quite a few PUPPS sites. However I found [warnings to check with your doctor](#)¹⁰ before using while pregnant. So please check with your care provider before using any products!

- **Honey and Gold Bond Powder**

“My PUPPS was pretty bad this time -and last- but I have been using raw unprocessed honey and gold bond powder - and it seems almost healed ! I had the honey on for three days straight and today is the 1st day I haven't been super itchy or horribly uncomfortable....I would only use the unheated kind - not the kind you get from the grocery but from the health food store...”

- **Aloe Vera** can be soothing, use on wet skin for best results!
- [PUPPP Relief Cream](#)¹¹ – I used their soap and enjoyed it. They didn't have the lotion then. I bought some to try it and I love the smell and it is soothing on my skin.
- **Coconut Oil**
- **Tea Tree Lotion** – I used this to help keep my skin happy once the rash went away.

¹⁰ <http://www.drugs.com/cdi/sarna-sensitive-lotion.html>

¹¹ <http://rainiersoapworks.com/cart/category/9/puppp-relief>

Soaps

Pine Tar Soap – Many, many women recommend this on the internet. It is something you can easily buy at natural food stores. It doesn't have a nice smell.

PUPPS Soap – Many, many women recommend this on the internet. It is something you have to buy online. It smells lovely.

Remember every mom is different. Some swear by the Pine Tar Soap, for me it was too harsh for my skin and just made it worse!

“Showers seem to help. Took 2 today, but the second one when I washed my stomach with the Pine Tar Soap (everyone on the internet said it worked wonders) and it started STINGING, it was horrible. My stomach feels like sandpaper and it burns.”

Whereas, I loved the PUPPS soap. It was so gentle and smelled so good.

Baths and Showers

Moms with PUPPS usually love water! Some like it hot, some cold and most like it tepid. So try different options and decide which works best for you!

Heat and Cold

Some moms like heating pads or ice packs to help with the itching. Some moms like to blow their skin with a hair dryer for heat.

Banana Peels

I have read a few places on the internet that moms put banana peels on their skin and it helps with PUPPS.

Fragrance Free and Natural Items

Did you notice that your sense of smell increased when you got pregnant? Skin sensitivity can change during pregnancy too. Not only just to fragrances, but also to chemicals. Now may be a good time to switch to fragrance free and/or more natural products, which are better for your baby after he is born too. A great site to see how your skin care and other products are rated is [EWG](http://www.ewg.org)¹².

- Room Fresheners
- Laundry Detergents
- Fabric Softeners
- Lotions
- Perfume

Light Therapy

Here is one PUPPS Mom's Experience:

“The dermatologist confirmed the PUPPPs diagnosis and recommended light therapy; the same light therapy that's being used to cure psoriasis. The light therapy consists of standing in a UVA/UVB light booth (7' tall cylinder lined with vertically placed light bulbs) daily for about a week. Each treatment lasts only seconds: 30 seconds on day 1 & 2, 45 seconds on day 3 & 4, 60 seconds on day 5...

I've had 3 treatments and believe I'm cured! The itch went away after the first day, the bumps started drying out immediately, and now my skin is nearly back to normal. Simply amazing! Simple, painless, and effective. So don't despair... just find a dermatologist skilled in the use of light therapy! =^)”

¹² <http://www.ewg.org/skindeep/>

Essential Oils

Essential Oils are a great option for supporting your body throughout pregnancy and can help support your liver and help your skin as well! It is important to use pure oils and ones that are appropriate for pregnant moms!

I have recently started using doTerra Essential Oils with my doula clients and they are loving them, for pregnancy and birth. A simple thing to try is to use Lemon Essential Oils (ones that are certified pure organic, meant for internal use) drops in your water. Lavender is another oil that is great for moms and babies too!

Prescription Medications

I put this section last so you could see all of the other Outside-In alternatives for dealing with PUPPS.

These are something you would need to get from your care provider.

Keeping track of what you have been trying will help your care provider and you determine if this is a good choice for you and your baby!

Some Prescription Topical Creams

- Hydrocortisone
- Fluocinonide

Muscle Testing

I saved the best for last! With all of the different options between the outside-in and the inside-out, it may feel very overwhelming and you are not sure where to start. Muscle testing can help you know which the best tools are for you to start with in surviving PUPPS. This could help you heal more quickly!!

Muscle Testing is an easy way to ask your body a yes or no question.

Your body knows

- what is good for it
- what is wrong with it
- why you have PUPPS
- what would be the best things to try in order for you to survive and BEAT your PUPPS.

You just need to ask it!

My chiropractor introduced me to muscle testing a few years ago. Once I learned how powerful it was, I wanted to teach myself so I could use it on my own. I now muscle test my family and my friends all the time. I wish that I had known about this when I had PUPPS, I am certain it would have helped me survive and beat PUPPS more quickly.

If you are interested in learning more about this amazing tool you can use throughout your life, you can visit my page about [muscle testing](#)¹³.

Speeding Up Birth

I can understand why Moms with PUPPS are tempted to try and speed up the baby being born. Especially if they are told the only way for PUPPS to end is to have the baby. This is not true. For some moms PUPPS lingers after they have the baby, or for some it even starts after they have their baby.

¹³ <http://sheridanripley.com/appointments/read-before-your-first-session/>

Sept 1st -- I am a mess. Apparently the rash on my stomach is pregnancy related.... not much you can do about it. The rash on my legs no one knows what it is. My OB sent me to my PCP. He wasn't sure and I am now waiting for a referral for the dermatologist. The worst part is the rash on my stomach is starting to move down to my thighs... my skin on my stomach feels like it is burning. I am so scared now that the rash on my legs which goes about halfway up my thighs is going to meet with the one coming down. I also have rash on my arm and can't tell if it is the same as what is on my stomach or if it will end up more like the one on my legs.

Anyway I spend as much of the day in my pj's and dread getting dressed for leaving the house.

I can't imagine spending up to 8 more weeks like this!!!! That will be if I go to 42 weeks like I did with Carson. (At this point I am tempted to schedule a repeat cesarean ASAP.)

With the right support I think most moms can manage PUPPS until their baby decides to be born, on their own schedule! Believe me as a childbirth educator, I know that waiting will make your birth go much more smoothly. I finally did find the right support and it made waiting until Bryson decided to be born easier!

Sept 2nd - I must start by saying I normally love my OB... I recommend her to everyone. So I was disappointed Tuesday when she just told me to go see a dermatologist and kind of ignored my rash. I will say it has gotten worse since then. I also asked to start non-stress tests because I am 34 weeks and that is when Devon was born emergency c-section because of stress. She said I didn't really need it, but for maternal anxiety she would order it. With Carson it was very reassuring to me, so I want that again.

So after going to my Primary Care Dr., he didn't know what the rash was... so I was waiting for dermatologist referral... which I am still waiting for.... Things have been getting more unbearable. Last night I slept for 2 hours was up for 3 and slept for 2 more. I had been able to fall back asleep with my hypnosis CD's but the last 24 hours my rash had gotten so inflamed that I wasn't able to relax even with the hypnosis. It was very frustrating!

Last night Andrew came over and helped Rob give me a blessing. I am going to go crazy if I don't get some relief!

Today was my first non-stress test and I almost didn't go because it would require me putting clothes on, using gas and I knew the baby was fine because he has been very active today. But thank goodness I did go. I was almost in tears by the time I got there because my pants were making my stomach burn... I was SOOOO uncomfortable.

*The nurse sat me down and when she saw my stomach she immediately stopped, went and got another nurse and then they went together and got the OB. He is the high-risk OB who delivers multiples and other high-risk moms. I met him at our 20 week ultrasound. He said it is PUPPS and a very extreme case. The nurse didn't think it was PUPPS at first because it is so widespread across my stomach, **she had never seen a case that bad.***

*They were all shocked I was only 34 weeks and you could tell they felt bad I have so much time left. Well the OB got on the phone with my normal OB and said "This is what she needs." and she said ok and he wrote me out 2 prescriptions. I wanted to hug all of them. **Someone finally listened and CARED.** Honestly I don't know how much the medicine will help, hopefully enough to let me sleep. But just having people in the medical community take it seriously meant so much. I thought maybe I was overreacting or being a big wimp... but apparently I have a pretty severe case. If what they have given me doesn't help by my Tuesday appointment then he will talk to me about taking steroids. Which I don't want to do, but if it gets worse instead of maintaining where I am or getting better, I might be willing to think about it.*

Please pray and send positive thoughts that what he prescribed me will help. Even if I could just sleep a little better that would be a great improvement. Also the rash has started going up to my breasts and that REALLY scares me. I can't imagine breastfeeding with this rash. Sometimes it takes awhile for it to disappear after delivery. So if it will stay contained to my stomach and arms and legs that is manageable.

Anyway, thanks for reading my long rambling messages the last few days about my rash. I feel like maybe there is a light (other than giving birth) at the end of the tunnel now!

Remember there is help, you can survive and even beat PUPPS!

Oct. 12th --- My rash is gone. My stomach is clear and no more itching... even at night. If I wear something tight on my stomach, it does irritate it, so I am mostly in dresses or overalls. Well honestly when I am home, I am in pj's. But it keeps me itch free, so I can't complain. I no longer use the Atarax or the steroid cream. Just tea tree lotion and my pupps soap on my stomach. Just to keep it away. I feel so blessed that this has cleared up. While I am anxious for the baby to come, I am so happy to feel so good.

Bryson was born on October 18th, on his own schedule. 😊

Induction Information

If you are thinking of being induced, please find out your Bishop's Score before agreeing to an induction. What is a Bishop's Score and why is it important? Well, you can watch my [free video all about inductions¹⁴](https://www.youtube.com/watch?v=W675jQfjqEQ&t=7s) to find out.

Most of the time PUPPS will fade after the baby is born, but remember there is no guarantee having the baby will make the PUPPS go away.

So, try healing from the Inside – Out and the Outside – In, to manage and hopefully beat your PUPPS rash!

Share your story on my site!

If you want to share your story with surviving or even beating PUPPS, I am happy to post it on my blog! You can help inspire other moms. Just e-mail me your story! sheridan@survivepupps.com

¹⁴ <https://www.youtube.com/watch?v=W675jQfjqEQ&t=7s>

USE your Tools to Survive!

You CAN do it!

I know that this toolkit will help you on your path to surviving and hopefully even beating PUPPS.

It has been well over 5 years and I have never forgotten how alone and frustrated I felt at the beginning of my PUPPS journey. I am so glad that I had the internet to find information and finally a care provider that helped with my situation as well.

I survived and even BEAT PUPPS and I know you can survive too.

Please let me know how you are doing and if you find any other tools on your journey of surviving PUPPS!

		date started	helpful?	thoughts	Try for 5 days!	
	Fragrance Free/Natural					
<i>o/i</i>	Laundry Detergent					
<i>o/i</i>	Fabric Softener					
<i>o/i</i>	Bath Soap					
<i>o/i</i>	Lotion					
<i>o/i</i>	Perfume					
	Water					
<i>o/i</i>	Hot Shower					
<i>o/i</i>	Warm Shower					
<i>o/i</i>	Cold Shower					
<i>o/i</i>	Hot Bath					
<i>o/i</i>	Warm Bath					
<i>o/i</i>	Cold Bath					
<i>o/i</i>	Bath with Oatmeal					
<i>o/i</i>	Bath with Baking Soda					
<i>o/i</i>	Bath with Oil					
	Lotions					
<i>o/i</i>	Gold Bond with Honey					
<i>o/i</i>	Baking Soda paste					
<i>o/i</i>	Witch Hazel					
<i>o/i</i>	Aloe from plant					
<i>o/i</i>	Aloe Lotion					
<i>o/i</i>	Aloe Lotion on Wet Skin					
<i>o/i</i>	Vitamin E					
<i>o/i</i>	Tea Tree Oil					
<i>o/i</i>	Tea Tree Lotion					
<i>o/i</i>	Coconut Oil					
<i>o/i</i>	Noxema					
<i>o/i</i>	Cocoa Butter					

o/i	Sarna Lotion					
o/i	Ben Gay					
o/i	Benadryl Gel					
o/i	Calamine Lotion					
o/i	PUPPS Lotion					
o/i	Dream Cream					
o/i	Cetaphil					
o/i	Preparation-H on rash					
o/i	Shay Butter					
	Soaps					
o/i	Pine Tar					
o/i	PUPPS					
	Changing Diet					
i/o	removing milk					
i/o	more healthy fats					
	Herbal/Supplements					
i/o	Dandelion (tea, extract, pills)					
i/o	Lemon Juice					
i/o	Nettles Tea					
	Homeopathy					
i/o	Dolichos Pruriens					
i/o	Urtica Urens					
i/o	Apis					
	Prescriptions					

i/o	Antihistamines					
i/o	Oral Steroid					
i/o	Steroid Shots					
o/i	Topical Ointment					
	Other					
i/o	Hypnosis					
i/o	Accupuncture					
i/o	Affirmations					
i/o	Emotional Release					
i/o	EFT					
o/i	Light Therapy					
o/i	Hair dryer for heat					
o/i	Nakedness					
o/i	Heat					
o/i	Cold					

o/i= outside in
i/o= inside out