



INFORMATION FOR PREGNANT MOTHERS

Calcium - 1200 mg per day. You will need to supplement if you are allergic to milk products and may be found in Prenatal Vitamin's or diet.

Iron - Prenatal vitamins over the counter.

Weight Gain - 20-30 pounds.

TESTING:

1st Visit- Pap Smear, Urine Culture, Gyn Probe and Ultrasound.

15-21 Weeks- Routine prenatal lab (CBC, Rubella, Hepatitis, blood type, HIV+MSAFP)

24-28 Weeks- Diabetes Test

36 Weeks- Beta Strep Test

It is recommended that you receive a flu shot, especially in peak flu season times (September to March), and a Tdap Vaccine between 27-36 weeks.

Sex - Permitted anytime unless you have bleeding, ruptured membranes, or are in premature labor.

Smoking - Please try to abstain during your entire pregnancy due to increased risk of miscarriage, premature labor, placental abruption, and still birth.

L&D - When you are having contractions every 5 minutes for one hour, if your membranes rupture or you have heavy bleeding, go directly to Conway Regional Medical Center (Emergency Room if less than 20 weeks, to Labor and Delivery otherwise). The hospital will notify me when you arrive (or notify one of my partners if I am unavailable). If you are not sure you are in labor call the office during office hours or go to Labor & Delivery for a labor check. This is especially important if labor is premature.

Phone Calls - Always feel free to call the office if you have any questions or problems between visits. You may reach the on-call physician through the medical exchange at 329-1199 if you have an urgent problem when the office is closed.

Andrew Cole, M.D.
Phillip Gullic, M.D.
Lauren Nolen, M.D.

2519 College Avenue
(501) 327-6547 | 1-800-794-7484
Fax: 501-327-9715

Carole Jackson, M.D.
Keitha Holland, M.D.
Katy Cox, M.D.
Kathryn Boyd, A.P.N.

525 Western Avenue, Suite 303
(501) 327-9497 | 1-800-327-9497
Fax: 501-327-3478



SAFE MEDICATIONS IN PREGNANCY

Allergy/Cold Symptoms

Benadryl (Diphenhydramine)
Chloraseptic throat spray
Claritin (Loratadine)
Cough drops
Mucinex & Mucinex DM
Robitussin & Robitussin DM
Saline nasal spray
Vicks Vapor rub
Zyrtec (Cetirizine)
** NO Zyrtec D and avoid medication with
Phenylephrine & Pseudoephedrine

Constipation

Colace, Senakot
Dulcolax (oral or suppositories)
Fibercon, Metamucil, Milk of Magnesia

Diarrhea

Kaopectate or Immodium

Gas

Gax-X Phazyme (Simethicone)

Pain

Tylenol (Acetaminophen)
**no more than 2000mg in 24 hours
Can use a maternity belt for back pain or a
Heating pad on low for 20 minutes at a time

Heartburn / Acid Reflux

Maalox
Milk of Magnesia
Mylanta
Pepcid
Prevacid
Prilosec
Rolaids, Tums, Zantac

Hemorrhoids

Anusol or Anusol HC
Preparation H or Tucks Pads

Nausea

Dramamine, Vitamin B6
Ginger root, Peggie Pop Drops

Sleep Aids

Unisom, Tylenol PM or Benadryl

Yeast Infections

Monistat

Caffeine less than 200mg per day
All sunscreens and hair dye are OK
All insect repellants are ok including DEET
**Please call and check with your provider
prior to adding any herbal supplements

Always feel free to call the office if you have problems between visits. If you have non-urgent questions; you may send a message through your patient portal. You may contact the on-call physician through the medical exchange at 501-329-1199 if you have an urgent problem when the office is closed.

Andrew Cole, M.D.
Phillip Gullic, M.D.
Lauren Nolen, M.D.

2519 College Avenue
(501) 327-6547 | 1-800-794-7484
Fax: 501-327-9715

Carole Jackson, M.D.
Keitha Holland, M.D.
Katy Cox, M.D.
Kathryn Boyd, A.P.N.

525 Western Avenue, Suite 303
(501) 327-9497 | 1-800-327-9497
Fax: 501-327-3478