

Urinary tract infections: These infections, known as UTIs or bladder infections, are common during pregnancy. Sometimes pregnant women do not have any urinary symptoms, but if they do, they include urgency to urinate, burning or pain with urination, and pain just above the pubic bone. Treatment with proper antibiotics is important as bladder infections can easily progress to kidney infections which are more serious.

- **WARNING SIGNS** (for more severe infection): fever, pain in the back (usually just below the ribs) on one or both sides of the spine, nausea or vomiting.

Headaches: Headaches can be common in early pregnancy. They may also be triggered by an abrupt decrease in caffeine. Tylenol, adequate hydration, and rest can be helpful. If you have frequent headaches, try taking a magnesium supplement daily. You may increase it to twice daily as needed. Be aware that magnesium can cause loose bowel movements.

- **WARNING SIGNS** (to notify us immediately of): pain not relieved by Tylenol and rest, if you have a past or current history of high blood pressure or preeclampsia and you develop a severe headache, or if you are in the latter part of your pregnancy and you develop new severe headaches or have a headache with nausea, vomiting, or visual changes.

Fever: If you have a fever, you may take Tylenol to decrease the fever and help you feel better. If you develop a fever of 100.4 degrees (or above), we recommend you take 625 - 1000 mg of Tylenol every 4 hours, not to exceed 4000 mg in 24 hours. Also drink plenty of cool fluids as an elevated temperature can dehydrate you. If you have a fever of 101 degrees or above that persists after taking Tylenol for more than 4 hours, please let us know.

- **Absolutely do not take Ibuprofen (Motrin, Advil, etc.)**

Ptyalism: Increased salivation in pregnancy is normal, but can contribute to nausea. Make sure to drink 8 large glasses of water each day and brush teeth frequently. Chewing gum or sour candy can help.

Back pain: A common problem during pregnancy is back pain. This is due to the weight gain and weight distribution that comes with pregnancy, as well as hormones that make the joints of your body more relaxed during pregnancy. Good posture and stretching exercises can help. You can take Tylenol and use warm heating pads to help with the discomfort. There are many credible sources online for exercises to help with back pain.

- Wear low-heeled, comfortable shoes.
- Soak in a warm bath or take a warm shower.
- Use a pillow between the legs and under the abdomen for support during sleep, as this will help lessen the strain on back muscles as pregnancy develops.
- When getting out of bed, roll to your side and use your arms to lift your upper body.
- Lavender and chamomile oils can be used for massage after the first trimester.
- Use of an abdominal binder or girdle may be necessary if loose abdominal muscles are contributing to back pain.
- Upper back pain can be alleviated by using a good, supportive bra and postural changes.