

Dealing With Morning Sickness During Pregnancy

1. You may take 50 mg. of Vitamin B6 three times the first day (morning, noon, and at bedtime)
2. If still nauseated the second day, add ½ tablet of Unisom with the Vitamin B6. Unisom can be taken up to 3 times a day with the Vitamin B6 (as mentioned above)

Unisom is traditionally used as a sleeping aid, so please take all necessary precautions. Avoid driving and/or operating machinery if you are taking this medication. A generic form of Unisom (known as doxylamine) is available, which is cheaper to purchase.

3. Continue taking the Vitamin B6 3 times a day for a total of 3 consecutive days. If needed, ½ tablet Unisom can be taken along with the Vitamin B6.
4. On the fourth day (if nausea/vomiting persist) you may continue taking 50 mg. of Vitamin B6 before bedtime. One Unisom may also be taken before bedtime. This guideline (#5) can be followed until the nausea improves or disappears.
5. Using ginger tea or sucking on candied ginger may also be helpful in reducing nausea and vomiting.

If the above guidelines fail to alleviate the nausea or vomiting, please see your physician for further treatment. Persistent, severe nausea and vomiting in pregnancy is rare, but it can lead to dehydration and malnutrition.

MISCARRIAGE AND ECTOPIC PREGNANCY

We routinely give out this handout to pregnant clients. Our desire is that you are fully informed.

MISCARRIAGE

Description

- A miscarriage is the loss of a pregnancy before 20 weeks. It is also called a spontaneous abortion by medical personnel.
- Having a miscarriage is fairly common before thirteen weeks of pregnancy. It is estimated that 15-20% of all pregnancies will end in miscarriage.

What Causes Miscarriage?

- Most miscarriages happen when the fertilized egg (in the uterus) does not develop normally. The reason for this is usually unknown.
- Lifestyle factors such as smoking, drinking alcohol or illegal drug use can increase the risk of miscarriage.
- Exercise, working, sexual intercourse or using birth control pills (before getting pregnant) does not increase the risk of miscarriage.

Signs That May Indicate Miscarriage

- Spotting or bleeding is the most common sign. *But most women with spotting or bleeding (in early pregnancy) will normally continue their pregnancy.*
- Persistent bleeding with cramping in the belly, back or pelvis.
- A gush of fluid from the vagina with or without pain or bleeding.

ECTOPIC PREGNANCY

Description

- A fertilized egg attaches (implants) outside of the uterus. Most ectopic pregnancies occur in the fallopian tube. This is why it is also called a tubal pregnancy.
- Ectopic pregnancy has become more common. Approximately 1 in 50 pregnancies is ectopic.

What Causes Ectopic Pregnancy?

- Women who have abnormal fallopian tubes have a greater risk for ectopic pregnancy. Some (but not all) of the reasons for abnormal fallopian tubes are listed below:
 - Pelvic inflammatory disease
 - Previous ectopic pregnancy
 - Sexually transmitted diseases
 - Endometriosis
 - Pelvic or abdominal surgery
- Smoking and advancing age may increase the risk for ectopic pregnancy.

Signs That May Indicate Ectopic Pregnancy

- Vaginal bleeding (light or heavy) that is not at the time of your normal menstrual period.
- Abdominal or pelvic pain that is either sharp without relief or comes and goes.
- Shoulder pain.
- Weakness, confusion and blackouts which can happen with blood loss.

Miscarriage and ectopic pregnancy's can have serious complications. ***Please call your doctor immediately or seek medical care through Urgent Care at your local hospital if you have any of the signs or symptoms listed above.***

Call 911 if you have severe pain or severe bleeding and/or signs of shock. Signs of shock may include blackouts, lightheadedness, restlessness, confusion, weakness, moist skin or profuse sweating, and a fast heart rate.

Source of information for this handout: American Congress of Obstetricians and Gynecologists, <http://www.acog.org/>

Your feelings after loss of pregnancy: If you experience a loss of pregnancy, we want to be there for you. We genuinely grieve with you over the loss of your baby and will pray for your comfort and recovery. Our desire is to offer emotional support to you (and those close to you) during this difficult time. Give us a call at 541-883-4357 and let us help you.