



Timothy R. Wilcox, MD  
Joseph P. Sypniewski, DO  
Mary A. Ivey, MD

560 W. Mitchell  
Suite 210  
Petoskey, Michigan 49770  
Office: (231) 487-2340  
Fax: (231) 487-2115

Kara E. Cockfield, MD  
Kendra L. Johnson, DO  
Emma E. Rodgers, DO

Early pregnancy is a special time. Even before the diagnosis of pregnancy is established, the complicated process of developing organ systems begins in the embryo. For this reason, it is important to take some special precautions if you think you may be pregnant.

#### **DO:**

- Report any unusual bleeding or pain
- Eat a balanced diet - 2,000 to 2,500 calories
- Get adequate rest and regular exercise
- Attending childbirth classes is encouraged with first pregnancy
- Brush and floss daily

#### **DON'T:**

- Smoke
- Drink alcohol
- Take medications of any kind without knowing their possible effects on pregnancy
- Use saunas, hot tubs, or tanning booths
- Eat fish from the Great Lakes
- Eat uncooked or undercooked foods, such as meat or eggs (to prevent bacterial E. Coli and salmonella...)
- Change cat litter box

#### **MEDICATIONS YOU MAY USE**

##### \*Headaches and Fevers:

- All Tylenol products (\*Tylenol sinus or allergy~ use half dose after 2days),

##### \*Cold and Cough

- Robitussin, DayQuil,
- All Tylenol products (\*Tylenol sinus or allergy~ use half dose after 2days),
- Natural cough drops (make sure they're not medicated and they don't contain menthol)
- Chlorseptic spray for sore throats
- Mucinex for chest congestion (NOT Mucinex-D)

##### \*Sinus

- Sudafed, Sudafed PE, Sinutab, Vicks Vapor Rub, Flonase
- Afrin Nasal spray (no more than 3-5days)
- All Tylenol products (\*Tylenol sinus or allergy~ use half dose after 2days),

##### \*Influenza

-Theraflu, Tamiflu

\*Heartburn

- Prilosec, Prevacid, Pepcid, Maalox, Mylanta, Tums, Roloids

\*Constipation

-Colace, Milk of Magnesia, Metamucil, and Miralax

\*Diarrhea

-Imodium, Kaopectate

\*Hemorrhoids

- Anusol, Preparation H, Tucks

\*Allergies

-Claritin, Benadryl, Zytrec, All Tylenol products (\*Tylenol sinus or allergy~ use half dose after 2days),

\*Rashes

-Benadryl cream or Hydrocortisone

\*Sleep aid

-Tylenol P.M.

\*Morning sickness

-Dramamine, Vitamin B6

\*Antibiotics:

-Z-pak (aka~ Azithromycin, Zithromax, Zmax)

-Amoxicillin

\*Immune Support:

-Emergen-C

**Urgent Calls**

**After 5:00 pm & on weekendscall**

**McLaren Northern Michigan Hospital**

**231-487-5555**

**To page the on-call ob/gyn (let the operator know that you are pregnant)**