

# How to handle



## SECOND TRIMESTER (13-27 WEEKS)

### in the road...

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#### What medications are safe for me to take?

*Please note that although these medications are safe, we advise avoiding medication if possible.*

- Allergies – Benadryl, Claritin, Zyrtec
- Fever/Headache – Tylenol (Acetaminophen)
- Congestion - Sudafed
- Cough - Robitussin DM, Halls Cough Drops
- Constipation – Metamucil, Citrucil, Fibercon, Colace, Milk of Magnesia, Senekot
- Heartburn – Maalox, Mylanta, Pepsid AC, Tagamet, Tums, Zantac
- Hemorrhoids – Preparation H, Anusol, Tucks, Witch Hazel
- Rashes – Hydrocortisone cream, Caladryl, Benadryl, Aveeno

#### Are vaccines safe during pregnancy?

The flu shot, as well as other vaccines, are safe and recommended during pregnancy.

#### What foods should I avoid?

- Unpasteurized soft cheeses
- Any raw seafood
- Certain cooked fish, such as swordfish, king mackerel, shark, and tilefish
- Deli and lunch meats should not be consumed unless they have been cooked past steaming
- Fish of all types should be limited to two servings per week
- Fruits and vegetables should be washed before consuming
- Alcohol should NEVER be consumed during pregnancy.

#### I'm still feeling tired, is this normal?

Believe it or not, this is still completely normal. The major reason you're feeling tired at this point in pregnancy is because your sleep isn't as restful or is interrupted. This can be caused by: uncomfortable positioning during sleep/back pain due to the baby's growth, waking to go to the bathroom during the night, and/or baby's activity keeping you awake.

For a better nights' sleep, try sleeping on your side with a pillow between your knees for additional support. If the fatigue seems outrageous, please bring it up at your next appointment.

#### I'm having heartburn after meals, is this normal?

Your growing uterus can push your stomach out of its normal position, which contributes to heartburn. To avoid heartburn, eat small meals and drink plenty of fluids. Over-the-counter antacids may prove helpful in relieving you of heartburn problems. If the heartburn doesn't resolve or worsens, contact your health care provider.

#### I've been constipated lately, is this normal?

During pregnancy, the movements that push swallowed food into your stomach slow, which cause your stomach to empty more slowly. This gives nutrients more time to be absorbed into your bloodstream and reach your baby. Unfortunately, this may also lead to heartburn and constipation. It can help to eat smaller, more frequent meals and include plenty of fiber in your diet and drink lots of fluids.

#### I'm starting to develop hemorrhoids, is this normal?

Hemorrhoids, which are varicose veins in your rectum, can also occur. To prevent hemorrhoids, avoiding constipation is key. Include plenty of fiber in your diet and drink plenty of fluids. Any one or more of the following may help relieve symptoms of

hemorrhoids: place baking soda (wet or dry) on the area to reduce itching, take a warm bath, apply witch hazel to the affected area to reduce swelling or bleeding, and avoid sitting for long periods.

#### I'm starting to get some stretch marks; can I do anything for them?

Almost 90% of pregnant women will experience stretch marks. Although stretch marks can't be prevented, they eventually fade in intensity. Unfortunately, nothing has been proven to prevent or remove stretch marks, however exercising, Palmers Coca Butter, and applying lotions that contain vitamin E have been said to help.

#### Oh, my aching back!

As your baby continues to grow and gain weight, the joints in your pelvis begin to relax. These changes can be tough on your back and lead to backaches. Also, your center of gravity will gradually move forward as your uterus and baby grow, which causes your posture to change; this is also a significant cause of back pain. Any one or more of the following may help relieve back pain: icing or heating the affected area, using a belly band, avoid standing for long periods of time, and wearing comfortable shoes. If the pain increases in severity or is accompanied by other symptoms, contact your health care provider.

#### And now for the most exciting part...

Generally, around the twentieth week of pregnancy, your health care provider will give you an order for an ultrasound. Not only does this ultrasound check on how your baby's developing, but the gender of your baby can be determined at this point. Get ready to start picking out your blues, pinks, or yellows and greens if it's going to be a surprise!