



## ULTRASOUNDS IN PREGNANCY

Most patients will have an ultrasound done in early pregnancy to confirm how far along they are, and another ultrasound in the middle of pregnancy to look for abnormalities. Further ultrasounds are ordered if medically indicated.

Often, patients want an additional ultrasound to “see if the baby is normal” or to determine the sex of the baby. Insurance companies will not pay for ultrasounds that are not medically indicated. The charge for this type of ultrasound done by a radiologist is approximately \$300.

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## DEALING WITH THE MINOR IRRITATIONS OF PREGNANCY

- **BACKACHES**
  - Try the Pelvic Rock exercise
  - Avoid prolonged standing
  - Always try to stand with correct posture
  - Sleep on a firm mattress
  - Wear low heeled or flat shoes
  - Avoid heavy lifting- when lifting anything, be sure to lift in the correct manner using the leg muscles rather than those located in the lower back (and keep your back straight!)
  
- **CONSTIPATION**
  - Exercise daily (walking is good)
  - Eat lots of fresh fruits, vegetables, whole grains, and cereals containing bran and other foods that are high in fiber content
  - Drink lots of fluids (water is great)
  - Before breakfast: drink 3, eight ounce glasses of water at 5 minute intervals followed by a glass of fruit juice (such as fresh citrus juice or prune juice)
  
- **DIZZINESS**
  - Get up slowly from a sitting or lying position
  - Eat properly: ***do not skip meals and do not go hungry***
  - When sitting, keep your feet elevated- when rising, do so slowly and use support
  - Drink plenty of fluids

- **LEG CRAMPS**
  - Exercise regularly to improve circulation- walking is especially good
  - Try the Pelvic Rock exercise- it improves circulation
  - Cramps may be caused by too much phosphorus or not enough calcium- check with your doctor about dietary adjustments
  - Avoid pointing your toes or stretching too hard
  - When standing for a lengthy period of time, try to occasionally move your legs by walking around or by flexing them while standing in place
  - Elevate your legs and flex your toes while resting
  - To stop a cramp in progress, point your heel or stand on the affected foot
  
- **GAS**
  - Identify the offending food (possibly cabbage, parsnips, beans, fried foods or very sweet foods) and then avoid it
  - Encourage regular bowel habits
  
- **HEARTBURN**
  - Try eating smaller meals at more frequent intervals
  - Chew gum
  - Try a tablespoon of cream 1 hour before a meal or try drinking milk between meals (if you are not lactose intolerant)
  - Try sleeping propped up by pillows or on your right side
  - Avoid soda preparations (commercial remedies, Alka Seltzer, baking soda)- they are high in sodium content
  - Avoid highly spiced, fried, or fatty foods
  - Avoid coffee
  - Tums, Mylanta, Maalox and Pepsid AC are okay to take
  
- **HEMORRHOIDS**
  - Practice Kegel exercises regularly
  - Sitz bath: run a very shallow bath using warm water and soak the affected area
  - Cold compresses (ice)
  - Avoid straining while moving your bowels
  - Put your feet up on a small stool while sitting on the toilet
  - Leave “Tucks” pads on the affected area, changing them periodically (you can use witch hazel on a gauze pad in the same manner)
  - Try to avoid becoming constipated
  - Take Metamucil every night as directed
  - Take Colace 100mg twice daily
  - Drink lots of fluids
  - Eat a non-irritating diet
  - Preparation H is okay to use

- **SWELLING, TINGLING OR NUMBNESS OF FINGERS**
  - Place your hands on your shoulders and rotate your elbows for a while
  - Check to be sure that any rings you are wearing are not too tight- if so, remove them
  - Avoid wearing sleeves that have constricting elastic bands
  
- **SWOLLEN ANKLES**
  - Elevate your legs so that they are level with your hips- try to do this once or twice a day for an hour or so
  - Try to sleep on your side
  - Wear shoes that are comfortable and unrestricting
  
- **VAGINITIS** (inflammation of the vagina accompanied by itching and burning)
  - Report this condition to your doctor- this problem will not disappear on its own
  
- **BLADDER INFECTION**
  - Report this condition to your doctor- this problem will not disappear on its own
  
- **VARICOSE VEINS**
  - Try lying on your left side twice a day for fifteen minutes each time
  - Do the Pelvic Rock exercise periodically during the day
  - Avoid crossing your legs while you sit- this can impede blood circulation
  - Stay off your feet as much as possible
  - Wear good quality support hose
  - Avoid wearing clothing that causes pressure on any part of your body- do not use round garters to hold up stockings and do not wear any kind of hose that fits tightly around the top (such as knee high stockings with tight bands)
  - Try to keep your feet elevated when sitting or resting
  
- **VARICOSE VEINS OF THE VULVA**
  - Follow the same guidelines as listed for varicose veins
  - Wear a maternity girdle or pelvic support garment to give extra support of the uterus