



SAFE MEDICINES & OTHER HELPFUL INFORMATION

ALLERGY or COLD SYMPTOMS

- Benadryl
- Chloraseptic Spray
- Claritin
- Cough Drops
- Mucinex
- Robitussin DM
- Sucrets
- Sudafed
- Tylenol Allergy & Sinus
- Tylenol Cold & Sinus
- Zyrtec

CONSTIPATION and/or GAS

- Colace
- Fibercon
- Gas X
- Milk of Magnesia
- Miralax

HEADACHES/PAIN

- Acetaminophen
- Extra Strength Tylenol
- Plain Tylenol

HEARTBURN/INDIGESTION

- Maalox
- Mylanta
- Prilosec
- Rolaids
- Tagamet
- Tums

NAUSEA or VOMITING

- Eat small frequent meals
- Saltine crackers
- 7-Up or Sprite
- Try 2 Flintstones vitamins instead of prenatal vitamin

**If vomiting more than four times a day and unable to keep fluids down, call for an appointment at 913-276-7098.*

SORE THROAT

- Chloraseptic Spray
- Cough Drops
- Sucrets

DENTAL WORK

- If x-rays are absolutely necessary, be sure a lead apron is used to shield your abdomen.
- Local anesthetic is OK.
- If pain medication is necessary, please call the office for approval.

AVERAGE WEIGHT and LENGTH

4-5w=1mo	(<) a grain of rice
5-9w=2mo	approx. ½ inch
9-13w=3mo	approx. 2 ½ inch
13-17w=4mo	approx. 5 inches
17-21w=5mo	approx. 7 inches
21-25w=6mo	approx. 9in ~1 lb
25-29w=7mo	approx. 10in~2 lb
29-34w=8mo	approx. 14in~4 ½ lb
35-40w=9mo	approx. 17in or more 6 lb or more

