

Maternity Services at the Gaston County Health Department

Welcome to our Maternity Clinic! We are happy to be caring for you and your baby.

We will give you high-quality care and will answer all your questions during your visits.

Pregnancy is a natural process, not an illness. It is normal to feel discomfort during pregnancy.

To help you enjoy this special time, please:

- Keep all of your appointments and ask your provider lots of questions
- Ask about the special Centering Pregnancy Program by calling 704-862-5316
- Read the materials you get at your visits.
- Sign up for Lamaze (childbirth) Classes by calling 704-862-5301

When you have Questions

If you need answers to questions before your next visit, please call your midwife at the clinic where you receive care. If you have questions about minor problems, like a head cold, vaginal discharge or discomfort, or medication refills, please call the clinic.

Call us on weekdays from 8:00 in the morning to 4:45 in the afternoon.

- To reach the Hudson Boulevard Clinic, call 704-853-5009
- To reach Summit Midwifery and High Risk Obstetrics, call 704-853-5464

If you have an Emergency

If you have a question in the evening, on weekends, or on holidays that you feel cannot wait until our clinic opens, call us at 704-470-2512, leave your number and one of our midwives will call back. Be sure to stay by your phone and keep the line open so she can reach you.

If you think you need to go to the hospital because of your pregnancy please **call the midwife** at 704-470-2512. Call her if:

- You have bleeding heavier than a normal period
- You have signs of early labor
- You are in labor, and you need to know when to go to the hospital

OB Triage and the Emergency Department at Gaston Memorial Hospital

These services are for people who having **life-threatening problems**. Please do not use them for regular care when our clinic is closed. Instead, **call** the midwife at 704-470-2512 and she will give you guidance about what to do.

The only time you should call an ambulance is if you are having a life-threatening problem.....
Then call 911.



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Over-the-Counter Medications in Pregnancy

This page lists over-the-counter medications you can and cannot take during pregnancy. Be sure to avoid using any medications in your first trimester unless prescribed by your provider.



Safe Medications During Pregnancy

You can take the following over-the-counter medications when you are pregnant. Be sure to follow the instructions on the package and remember: avoid all medications in your first trimester unless prescribed or directed by your provider.

Headache

Tylenol—no more than 600 mg. every 6 hours; do not take more than 2000 mg. in 24 hours.

Heartburn

Tums
Maalox
Mylanta
Pepcid AC
Zantac
Prevacid

Sore Throat

Chloraseptic spray
Robitussin DC throat lozenges
Cepacol
Salt water gargle
Guifenisen

Constipation

Metamucil
Citrucel
Fibercon
Colace
Glycerine suppositories

Sinus

Sudafed / Low Dose
Chloritrimeton
Claritin
Zyrtec
Benadryl
Mucinex

Cough

Robitussin
Vicks Vapor Rub

Diarrhea

Kaopectate
Imodium A-D

Nausea

Emetrol
Ginger
Vitamin B6
Unisom (name brand only)

Hemorrhoids

Anusol HC
Tucks Pads
Preparation H
Witch Hazel

Nasal Congestion

Ocean Spray nasal drops
Afrin—do NOT take for more than 3 days



Do Not Take These Medications During Pregnancy

Do not take any of these medications while you are pregnant:

Advil (ibuprofen)
Aleve
Anaprox

Aspirin
BC powders
Castor oil

Cataflam
Dayquil
Excedrin

Goody Powders
Milk of Magnesia
Motrin

Nyquil
Pepto Bismol

Do not take Tylenol Flu, Tylenol Cough, or Tylenol Sinus.