

Watson Clinic's highly trained **OB-GYN specialists** work together to offer a personalized and compassionate healthcare experience. Utilizing the latest technologies and most advanced treatments from three convenient locations, these women's health experts are with you every step of the way.

## OBSTETRICS • 863-680-7243



**Taylor Cook, DO**  
Obstetrics - Gynecology  
Highlands



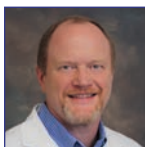
**Samantha J. Curtis, MD**  
Obstetrics - Gynecology  
Bella Vista Building



**Tarek G. Garas, MD**  
Obstetrics - Gynecology  
Bartow Building B & Bella Vista Building



**Donald W. Langley, DO**  
Obstetrics - Gynecology  
Highlands



**J. Brian Hopper, MD**  
Obstetrics - Gynecology  
Highlands

## OBSTETRICS HOSPITALIST



**Shawn T. Simpson, DO**  
Hospitalist, Obstetrics - Gynecology  
Lakeland Regional Health

## ADDITIONAL PROVIDERS

**Brooke Bambridge, APRN** – Bella Vista Building  
• Under the guidance of Dr. Curtis

**Alicia Belisle, APRN** – Bella Vista Building  
• Under the guidance of Dr. Garas

**Holly C. Payne, APRN** – Highlands  
• Under the guidance of Dr. Hopper and Dr. Langley



### Bartow Building B

2000 Osprey Blvd., Suite 201 • Bartow, FL 33830



### Bella Vista Building - 3<sup>rd</sup> Floor

1755 N. Florida Ave. • Lakeland, FL 33805



### Highlands - 2<sup>nd</sup> Floor

2300 E. County Road 540A • Lakeland, FL 33813

# WATSON CLINIC

Obstetrics & Gynecology

**863-680-7243**

[www.WatsonClinic.com](http://www.WatsonClinic.com)



# COMMON CONCERNS DURING Pregnancy



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Your doctors prefer that you avoid medications during pregnancy. However, if you have a persistent problem with any of the following conditions, you may take these over-the-counter medications.

Please follow manufacturer's instructions.

### Simple Headaches:

**REGULAR TYLENOL** as directed. Notify your doctor's office if severe headaches persist.

### Sinus Congestion:

Rest and drink plenty of fluids. You may use plain **SUDAFED**, **ACTIFED**, or **TYLENOL SINUS**. If you have a prescription for allergies, you may use **CLARITIN "D"** or **REGULAR CLARITIN**.

### Cough:

Warm mist humidifier or hot shower to loosen congestion. **REGULAR ROBITUSSIN** or **ROBITUSSIN DM** cough syrups may be used.

### Sore Throat:

Warm saltwater gargles several times a day. You may use **CHLORASEPTIC** lozenges or spray, **CEPASTAT** or **CEPACOL** as directed.

### Fever (less than 100° orally):

**REGULAR TYLENOL** as directed on the label. **DO NOT** take aspirin during pregnancy. Notify your doctor's office if fever is greater than 100° for more than 12 hours.



### Constipation:

Drink plenty of fluids. Increase the amount of fiber in your diet. Plenty of bran, fresh fruits, and green leafy vegetables, raisins, plums, and prune juice are excellent sources of natural laxatives. If above measures do not relieve symptoms, you may try **COLACE**, **MILK OF MAGNESIA**, or the generic equivalent as directed.

### Back Aches:

These are common as your pregnancy progresses. Try a warm bath or shower, heating pad, and a **GOOD** back rub! **REGULAR TYLENOL**, in combination with localized heat, is often effective.

### Hemorrhoids:

These may occur as your pregnancy progresses. **PREPARATION "H"** or **ANUSOL** may be used as directed.

### Head Lice:

Okay to treat Mom and child with **RID** as directed.

### Heartburn:

Remove spicy and gas-forming foods from your diet. Never lie down immediately after a large meal. This may make your discomfort worse. You may take **SODIUM-FREE RIOPAN**, **MYLANTA II**, **TUMS** or **PEPCID AC** as directed.

### Gas:

This is very common as your pregnancy progresses. **MYLICON** may be taken as directed.

### Diarrhea:

If this occurs during your pregnancy, **IMMODIUM A.D.** or **KAOPLECTATE** may be taken as directed.

### Pelvic Discomfort:

In all stages of pregnancy, especially the first trimester, many women complain of pulling or stretching sensations in the pelvis and groin area. This is a common complaint, and most often it is due to the stretching of ligaments and muscles surrounding the growing uterus. Notify your doctor if you have any other pain in the abdomen that is severe or unrelenting.

### Spotting:

After the Pap smear is taken in early pregnancy or a cervical exam is performed near term, you may have some spotting (very light vaginal bleeding). Be assured this is not unusual because of the extreme sensitivity of the cervix during pregnancy. Report any **HEAVY** bleeding or passage of clots to your doctor.

### Cramping:

It is not unusual to experience mild menstrual-like cramping in the lower abdomen during pregnancy. Report any **SEVERE** cramping or cramps associated with vaginal bleeding to your doctor.

**Prenatal massages are available at the Medical Spa at Watson Clinic:  
863-904-6204.**

