

Your Preparation Checklist

Before your day - check these first and get ready

☐ **IUD - check before starting**

If you have an IUD, check with a healthcare provider or the M+A Hotline (833-246-2632) before starting. It may need to come out first.

☐ **More than 12 weeks pregnant? - check before starting**

The medication, dosing, and care you may need can be different after 12 weeks. Contact the M+A Hotline or a qualified provider before you begin.

☐ **Maxi pads - large**

Not tampons. Pads. You'll go through several.

☐ **Ibuprofen**

Not Tylenol. Ibuprofen specifically. Up to 800mg at a time, no more often than every 6-8 hours. Take before cramping peaks - not after. Check first for stomach or kidney conditions.

☐ **Anti-nausea medicine**

Zofran (prescription) or Dramamine / Benadryl (OTC). Take 30 min before first dose.

☐ **Ginger - any form**

Ginger tea, ginger ale, ginger chews. Natural nausea relief.

☐ **Sea-Bands**

Acupressure wristbands for nausea. A few dollars at any drug store.

☐ **Light food**

Soup, crackers, plain rice. Nothing heavy or spicy.

☐ **Electrolyte drinks**

Gatorade, Pedialyte, coconut water. You'll be glad you have these.

☐ **Warm blanket**

Chills and shivering are common - especially with miso-only.

☐ **Heating pad**

If you have one. Helpful between bath sessions.

☐ **Your bathtub**

You already have this one. Just remember where it is - it may be your best friend.