

Recommendations for Medications and Remedies for Common Ailments During Pregnancy

Sore Throat

1. Chloraseptic Spray or Lozenges
2. Tylenol (Regular or Extra Strength)

Cold and Flu

1. Tylenol (Regular or Extra Strength)
2. Actifed, Tylenol-Cold, Sudafed

Nasal Congestion

1. Ocean Spray
2. Vaporizer
3. Robitussin (plain or CF)

Headache

1. Alternate warm and cold compress
2. Tylenol (Regular or Extra Strength)
3. Rest, relaxation and massage
4. Do not use Advil or Aspirin

Cough

1. Robitussin
2. Cough Drops

Diarrhea

1. Increase clear fluids and avoid milk products.
2. BRAT diet (Bananas, Rice, Applesauce and Toast).
3. Avoid spicy and greasy foods.
4. Kaopectate
5. Pepto Bismol

Constipation

1. Increase fiber; Bran Cereal or Fiber Supplement
2. Increase fluid intake
3. Exercise
4. Metamucil, Citrucel or Fiber Con (must be taken with water)
5. Stool Softeners: Colace or Pericolace
6. Milk of Magnesia

Heartburn

Avoid Spicy or fried foods.
Eat smaller, more frequent meals. Do not lie down within two hours after eating.

Antacids: Mylanta, Riopan or Tums.

Hemorrhoids

Hemorrhoids are enlarged rectal varicose veins that are often itchy and painful.

1. Try to avoid straining with bowel movements and constipation.
2. Warm sitz baths for 20 minutes twice a day may help.
3. Cream suppositories or Preparation H
4. Tucks pads are particularly soothing when cold

Back Pain

1. Heat or ice (see which one is more effective for you)
2. Tylenol (Regular or Extra Strength)
3. Massages, physical therapy and chiropractic adjustments are safe during pregnancy.

Sciatic Nerve

Pressure on your sciatic nerve may cause pain or numbness in your lower back and down one leg. Changing positions, massage, stretching, physical therapy, Tylenol or using a heating pad may improve your symptoms.

Muscle Cramps

1. Increase Fluids
2. Wear comfortable shoes
3. Stretching
4. Consider calcium, magnesium, potassium supplements.

Gas

Phazyme or Gas X

Nausea Vomiting

1. Try eating small frequent meals
2. Crackers, dry toast, hard candy, plain popcorn or dry cereal.
3. Bland Diet; avoid spicy and greasy foods.
4. Sea Bands (over the counter)
5. Emetrol (over the counter) may settle your stomach
6. Dry toast or crackers before getting out of bed in the morning.
7. Vitamin B₆: 25 mg, 3 times/day, (may add Unisom ½ tablet to each dose of Vitamin B₆, start with evening dose because it may make you sleepy.)
8. Ginger: 250 mg, 3-4 times a day

Yeast Infections

Over the counter creams or inserts are fine, (even though inserts states not in first trimester)

Varicose Veins

Support hose are very helpful, Avoid standing for prolonged periods of time, elevate your legs several times per day.

Urinary Tract Infection (UTI)

If you feel you have a UTI, you should call the office. You can help prevent UTI's by increasing your water intake.

Spotting

Spotting is common, especially early and late in pregnancy. However, if you have any spotting, please call our office.

Swelling

Swelling in your legs is very common at the end of pregnancy. You may try elevating your legs, support hose of decrease sodium in your diet. Increase your water intake. Avoid prolonged standing or sitting in the same position. If you have sudden and severe ankle swelling and rapid weight gain or if you notice pain, warmth or swelling in one leg, please notify your provider.

Stretch Marks

Stretch marks occur in about 90% of women. They may occur on your abdomen, breast and thighs. Nothing prevents these but keeping your skin soft with lotion may help.

Insomnia

Warm baths; relax with soft music, massages. Try sleeping on your side with a pillow to support your knees and hip joints. Benadryl (25mg) on occasion may help if you have difficulty falling asleep. You may sleep in any position that is comfortable for you. Some books state you may ONLY sleep on your sides, these are incorrect. You may feel more comfortable sleeping on your back; just place a pillow under your side to tilt your uterus.