

Your Guide to Over-the-Counter Medications And Other Suggestions During Pregnancy

These guidelines will give you suggestions to relieve some of the more common discomforts of pregnancy. You may experience some or none of these discomforts.

IT IS PREFERABLE THAT YOU TAKE NO MEDICATIONS DURING PREGNANCY. THE FIRST 13 WEEKS OF PREGNANCY ARE THE MOST CRITICAL DUE TO THE DEVELOPMENT OF YOUR BABY'S ORGANS. Questions about specific medications should be asked at your prenatal visits. Use this as a guide throughout your pregnancy.

* NAUSEA AND VOMITING

- Eat a high protein (nuts, tuna, yogurt, cheese, cold turkey, peanut butter) bedtime snack.
- Eat smaller and more frequent meals. Salty or sour foods often taste good.
- If you find a food that "stays down" eat it. Worry about good nutrition when feeling better
- Drink soups and liquids between meals and not with meals.
- Eat soda crackers, ginger snaps, or dry toast before rising in the morning.
- Take a prenatal vitamin at bedtime with food or cut in two pieces and take twice each day.
- Take sips of sports drinks, 7-Up, ginger ale, red raspberry leaf tea, or bouillon.
- Take Vitamin B-6 (pyridoxine) 25 mg. two or three times a day.
- Ground ginger capsules 250 mg every six hours.
- Take ½ tablet of Unisom with bedtime dose of vitaminB-6
- Sea Bands (acupressure wrist bands) are available at drugstores and can be used as directed on package.

* HEADACHES

- Resting in a dark, quiet environment and relaxation are often the best headache remedies.
- Take a hot shower or apply heat to back of neck.
- If heat does not feel good, apply ice to back of neck or head.
- Eat regular balanced diet with 6-8 glasses of water.
- Take plain acetaminophen (Tylenol) as directed on the package.
- **DO NOT TAKE ASPIRIN OR IBUPROFEN PRODUCTS (Advil, Motrin, Nuprin or Medipren).**

* COLDS

- Increase your intake of fluids.
- Rest.
- Run a vaporizer (especially at night).
- Apply a hot, moist washcloth to your face to relieve congested sinuses.
- Call our office if your temperature is greater than 101 degrees.
- You may use pseudoephedrine (Sudafed) if you do not have a history of high blood pressure.
- Take plain acetaminophen (Tylenol) as directed on the package.
- **DO NOT TAKE ASPIRIN OR IBUPROFEN PRODUCTS (Advil, Motrin, Nuprin or Medipren).**

* SORE THROAT

- Increase your intake of fluids.
- Gargle with warm salt water.
- Call our office if your temperature is greater than 101 degrees.
- Use a throat spay such as Chloraseptic.
- Use throat lozenges such as Cepacol.
- Take plain acetaminophen (Tylenol).

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* COUGH

- Run a vaporizer, especially at night.
- Use throat lozenges such as Cepacol.
- You may use guaifenesin (Robitussin-DM) as directed on the package.

* ALLERGIES

- Apply a hot, moist washcloth to face.
- Use a saline mist nasal spray.
- Avoid antihistamines during the first 12 weeks of pregnancy. After 12 weeks, for severe allergies you may take Chlortrimeton or Benadryl.

* CONSTIPATION

- Exercise daily.
- Drink at least 2 quarts (8-10 glasses) of decaffeinated fluids daily. Drink 4 oz. prune juice.
- Increase your intake of raw fruits and vegetables, including prunes, dates and figs.
- Eat bran and other high fiber foods.
- Do not put off having a bowel movement.
- Use psyllium (Metamucil) as directed on the package.
- Use stool softener (Colace or Surfak) as directed on the package.

* HEMORRHOIDS

- Avoid constipation.
- Soak in a warm bath or apply a warm, moist washcloth to hemorrhoids.
- If heat does not feel good, apply ice to hemorrhoids.
- Use Tucks (witch hazel) to thoroughly cleanse anal area. Use Tucks after going to the bathroom and then place a clean Tucks directly on your pad/panty liner so it's against hemorrhoids at all times.
- Use 1% Hydrocortisone cream or suppositories such as Anusol HC, or Preparation-H as directed on the package.

* DIARRHEA

- Take only clear liquids for 24 hours.
- If diarrhea persists after 24 hours of only clear liquids, take Imodium A-D or Kaopectate as directed on the package.
- Avoid milk products until no diarrhea for 24 hours.

* HEARTBURN/INDIGESTION

- Avoid eating a large meal right before bedtime.
- Eat 5-6 smaller, nourishing meals each day instead of 3 large meals.
- Avoid eating foods that cause heartburn/indigestion.
- Use antacids such as Tums, Roloids, Mylanta, Maalox, Pepcid AC, Wingel or Gaviscon as directed on the package.

If you have a medication question that cannot wait until your next prenatal visit, you may call your health care provider.

Rev. 07/04