



## Recommendations for Medications and Remedies During Pregnancy

The following is a list of common remedies and medications that are safe for you to use during pregnancy. If you are on any other medications or would like to take something other than what was recommended, please check with our office first. Any medication with his symbol (\*) may be taken with another type of medication listed. If you have any doubts about combining medications, please call and speak to someone in our office.

<p><b>Cold – Flu – Allergies</b></p> <ol style="list-style-type: none"> <li>1. *Tylenol or extra strength Tylenol</li> <li>2. *Actifed, Tylenol Cold</li> <li>3. Benadryl, Claritin, Zyrtec</li> <li>4. Mucinex</li> </ol> <p><b>Cough</b></p> <ol style="list-style-type: none"> <li>1. *Robitussin cough syrup</li> </ol> <p><b>Sore Throat</b></p> <ol style="list-style-type: none"> <li>1. *Chloraseptic spray or lozenges</li> <li>2. *Tylenol</li> </ol> <p><b>Headache</b></p> <ol style="list-style-type: none"> <li>1. Alternate warm and cold compresses</li> <li>2. Extra strength Tylenol</li> </ol> <p><b>Fever</b></p> <ol style="list-style-type: none"> <li>1. *Extra strength Tylenol (acetaminophen) 2 tablets every 6 hours. If temperature is above 101.0 for more than 1 day, you should phone the office.</li> </ol> <p><b>Diarrhea</b></p> <ol style="list-style-type: none"> <li>1. Increase clear fluids and avoid milk products</li> <li>2. BRAT diet (Bananas, Rice, Applesauce, Toast)</li> <li>3. Avoid spicy and greasy foods</li> <li>4. Immodium AD</li> </ol> <p><b>Gas</b></p> <ol style="list-style-type: none"> <li>1. Mylanta Gas Gel Caps or Chewable tablets in regular or extra strength.</li> </ol> <p><b>Leg Cramps</b></p> <ol style="list-style-type: none"> <li>1. Increase dairy product such as milk, cheese yogurt, and cottage cheese. Increase fluids.</li> <li>2. Avoid foods such as beans, peas, and legumes.</li> <li>3. Decrease caffeine intake.</li> </ol>	<p><b>Heartburn</b></p> <ol style="list-style-type: none"> <li>1. Roloids, TUMS, Maalox, Gaviscon, Mylanta – may ad tagament HB &amp; Pepcid AC after 20 weeks.</li> </ol> <p><b>Nausea</b></p> <ol style="list-style-type: none"> <li>1. Unisom – ½ tablet at bedtime.</li> <li>2. Vitamin B6 -50 mg 3 times a day.</li> <li>3. Try eating small frequent meals. (Crackers, saltines, bland diet, avoid spicy &amp; greasy foods).</li> <li>4. Sea Bands – available over the counter</li> </ol> <p><b>Constipation</b></p> <ol style="list-style-type: none"> <li>1. Fibercon, Metamucil, Colace, Dialose, Surfak</li> <li>2. Increase water and fiber in diet</li> <li>3. Miralax</li> </ol> <p><b>Hemorrhoids</b></p> <ol style="list-style-type: none"> <li>1. Tucks HC, Preparation H, Tucks pads.</li> <li>2. Sitz baths</li> </ol> <p><b>Insomnia</b></p> <ol style="list-style-type: none"> <li>1. Tylenol PM, Unisom, Benadryl</li> </ol> <p><b>Yeast Infection</b></p> <ol style="list-style-type: none"> <li>1. Can use over the counter Monistat cream, Mycelex or Gyne-Lotrimin</li> </ol> <p><b>Urinary Tract Infections</b></p> <ol style="list-style-type: none"> <li>1. If you get a UTI you should call your OB doctors office. You can help prevent UTI’s by drinking 8 glasses of fluids a day.</li> </ol> <p><b>Spotting</b></p> <p>If you have any spotting, please call your OB doctors office right away. Call the Emergency Department if it is after normal business hours.</p>
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**Please try to avoid: Phenylephrine, pseudoephedrine, and dextromethorphan.**