

Recommendations for Medications and Remedies for Common Ailments During Pregnancy

Heartburn	Avoid spicy or fried foods, eat smaller, more frequent meals and do not lie down within two hours after eating. Liquid Antacids: Mylanta, Tums, Pepcid AC, Tagamet or Maalox.
Sore Throat	<ol style="list-style-type: none"> 1. Chloraseptic spray or lozenges 2. Tylenol (Regular or Extra Strength) 3. Herbal tea with honey 4. Gargle with salt water (1 tsp table salt dissolved in 1 qt warm water)
Cold, Flu & Nasal Congestion	<ol style="list-style-type: none"> 1. Tylenol (Regular or Extra Strength) 2. Tylenol-Cold 3. Vaporizer 4. Robitussin (plain or CF)
Gas	1. Phazyme or Gas X
Diarrhea	<ol style="list-style-type: none"> 1. Increase clear fluids and avoid milk products 2. BRAT diet (bananas, rice, applesauce and toast) 3. Avoid spicy and greasy foods 4. Imodium
Cough	<ol style="list-style-type: none"> 1. Robitussin (Dextromethorphan) 2. Cough drops
Nausea/Vomiting	<ol style="list-style-type: none"> 1. Try eating small frequent meals; avoid an empty stomach 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. B6 injections are available for women who are very ill 7. Dry toast or crackers before getting out of bed in the morning 8. Avoid foods and odors that make you feel sick
Headache	<ol style="list-style-type: none"> 1. Alternate warm and cold compresses 2. Tylenol (Regular or Extra Strength) 3. Rest, relaxation and massage 4. DO NOT USE Advil, Aleve or Aspirin unless directed by your doctor 5. Don't skip meals
Constipation	<ol style="list-style-type: none"> 1. Increase fiber - bran cereal or fiber supplement 2. Increase fluid intake 3. Exercise 4. Metamucil, Citrucel or Fiber Con (must be taken with 8 oz. of water) 5. Stool softeners - Colace 6. Natural Calm (magnesium supplement)
Yeast Infections	Over the counter creams or inserts are fine, even though insert states not in first trimester. (Only 7-day formulations are recommended. NO one-day formulations should be used.)
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. UTIs in pregnancy have different symptoms, usually a cramping and/or feeling of pressure. You can help prevent UTIs by drinking at least 64 oz. of water a day.
Spotting	Spotting is common, especially early and late in the pregnancy and after intercourse, however, if you have any spotting, please call our office.
Hemorrhoids	Hemorrhoids are enlarged rectal varicose veins that are often itchy and painful (see “constipation”) <ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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 4. Be careful when lifting – bend your knees, squat close to the load and lift with your thigh muscles. 5. Wear low-heeled, comfortable shoes
Sciatic Nerve Pain	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.
Swelling	Swelling in your legs is very common at the end of pregnancy. You may try elevating your legs, wearing support hose or decreasing sodium in your diet. Drink 1-2 large glasses of water per day. 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. Soaking in a warm bath for 20-30 minutes at the end of the day may help. Avoid wearing elastic-top knee-high stockings.
Insomnia	Warm baths; relax with soft music, massages. Try sleeping on your side with a pillow to support your knees and hip joints. You may sleep in any position that is comfortable for you. Some books state you may ONLY sleep on your side, these are incorrect. You may feel more comfortable sleeping on your back; just place a pillow under your side to tilt your uterus. Try keeping to a regular sleep schedule.
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.
Restless Leg Syndrome	<ol style="list-style-type: none"> 1. Moderate-intensity exercise 2. Avoid exacerbating factors (insufficient or irregular sleep, pain, caffeine, nicotine, antihistamines) 3. Yoga 4. Massage 5. Warm bath 6. Iron supplementation if needed

If any of the following occur, please call our office:

- ❑ Vaginal bleeding
- ❑ Severe continuous headache
- ❑ Dimness or blurring of vision
- ❑ Severe pain in the abdomen
- ❑ Persistent vomiting
- ❑ Sudden escape of water from the vagina
- ❑ Chills and fever (temperature greater than 100.4) unresponsive to Tylenol for more than one day