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**Recommendations for Medications and Remedies for Common Ailments
 During Pregnancy**

Allergies	<ol style="list-style-type: none"> 1. Benadryl 25 mg twice a day (causes drowsiness) 2. Claritin 10 mg once a day. 3. Chlor-Trimeton 4 mg, 2-3 times per day 4. Sudafed 30 mg, every 4-6 hrs (avoid during first 14 weeks)
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
Cold, Flu & Nasal Congestion	<ol style="list-style-type: none"> 1. Tylenol (Regular or Extra Strength) 1-2 tabs every 3-4 hours 2. Actifed, Tylenol-Cold, Sudafed (avoid first 14 weeks of pregnancy) 3. Vaporizer (steam inhalation) 4. Robitussin (plain or CF) 5. Saline Nasal Spray 6. Vicks topical ointment
Constipation	<ol style="list-style-type: none"> 1. Increase fiber – bran cereal or fiber supplement 2. Increase fluid intake (warm fluids can be helpful) 3. Exercise 4. Metamucil, Citrucel or Fiber Con (must take with 8 oz of water) 5. Stool softeners – Colace or Pericolace 6. Milk of Magnesia
Cough	<ol style="list-style-type: none"> 1. Robitussin (plain or CF) 2. Cough drops
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. Kaopectate or Imodium
Gas	<ol style="list-style-type: none"> 1. Phazyme 2. Gas-X
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 skip meals 5. DO NOT USE Advil, Aleve, or Aspirin unless directed by your doctor
Heartburn	<p>Avoid spicy or fried foods, eat smaller, more frequent meals and do not lie down within two hours after eating. Liquid Antacids: Mylanta, Riopan, Tums, Pepcid AC, Zantac, Tagamet, or Maalox</p>
Hemorrhoids	<p>Hemorrhoids are enlarged rectal varicose veins that are often itchy and painful.</p> <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
Insomnia	<p>Warm baths, relax with soft music, massages. Try sleeping on your side with a pillow to support your knees and hip joints. Benadryl (25 mg) 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 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.</p>

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. Vitamin B6 100 mg orally every day – B6 injections are available for women who are very ill 7. Dry toast or crackers before getting out of bed in the morning 8. Phenergan 25 mg orally for severe nausea.
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.
Sore Throat	<ol style="list-style-type: none"> 1. Chloraseptic spray or lozenges 2. Tylenol (Regular or Extra Strength), 1-2 tabs every 4-6 hrs 3. Herbal tea with honey 4. Gargle with salt water (¼ tsp salt in 8 oz water)
Spotting	Spotting is common, especially early and late in the pregnancy and after intercourse; however, if you have any spotting, please call our office.
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 Vitamin E oil or cocoa butter lotion may help.
Swelling	Swelling in your legs is very common at the end of pregnancy. You may try elevating your legs, 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.
Urinary Tract Infection (UTI)	If you feel you have a UTI, you should call the office. UTI's in pregnancy have different symptoms, usually a cramping and/or feeling of pressure. You can help prevent UTI's by drinking at least 64 oz. of water a day. Urinate before and after intercourse and avoid caffeine.
Varicose Veins	Support hose are very helpful. Wear specially designed elastic stockings made for use in pregnancy. Avoid standing for prolonged periods of time, elevate your legs several times per day. Avoid knee high socks and crossing your legs.
Yeast Infections	Over-the-counter creams or inserts are fine (even though insert states not in first trimester) - use 7 day treatments during pregnancy, i.e. Clotrimazole, Miconazole, Butoconazole.

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

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