

Below is a list of medications that you may find helpful for treating common ailments that may present itself during pregnancy. The following medications listed are over the counter and do not require a prescription. Unless specifically noted otherwise, use medications as directed on product packaging.

BACKACHE

- Heating pad (do not sleep on pad)
- Use massage or warm bath
- Use Tylenol (regular or extra strength) as directed on label
- May use Icy-Hot cream or Thermal wrap

COLDS/CONGESTION/ALLERGIES

- Rest and increase fluid intake
- Use a vaporizer or humidifier
- Benadryl or Claritin or Zyrtec, Robitussin (plain or DM formula), Tylenol, and plain Mucinex may be used as directed on label
- Afrin may cause rebound congestion and should be used sparingly
- Sudafed may be used after the first trimester
- Vicks VapoRub may be used under nose and on chest
- Try to use alcohol free products
- Saline Nasal Spray

CONSTIPATION

- Best avoided by good hydration (plenty of water) and dietary bran and fiber
- Colace, Metamucil, and Citrucel are stool softeners and may be used.
- For severe constipation, Milk of Magnesia may be used.

DENTAL WORK

- Take this brochure to your appointment to show your dentist.
- Poor dental care may put you at risk for preterm labor-good hygiene is the key
- X-rays may be done if needed, but use abdominal shielding
- Antibiotics may be used if prescribed by your dentist-penicillin and erythromycins are best
- If local anesthesia is used, have your dentist avoid the additive epinephrine

DIARRHEA

- Try to stay hydrated, even if no solid food is eaten
- Donnagel, Imodium AD, and Kaopectate may be used
- Try the BRAT diet-bananas, rice, applesauce, and toast
- avoid Gatorade or fruit juice

EXERCISE

- Exercise regularly at least 3 times a week. You may continue your pre-pregnancy level of exercise as tolerated
- Avoid activities that would give you a risk for a fall
- Low impact is recommended-walking or swimming
- Avoid lifting over 40 lbs. Keep heavy lifting to a minimum in order to avoid back injury
- Do not exercise flat on your back after 20 weeks
- Drink plenty of water

FOOD RESTRICTIONS

- Refer to your seafood and lysteria sheets for details
- Limit caffeinated beverages; coffee (1, 8oz per day) tea soda, and diet soda (1-2 per day)

FEVER

- Increase Fluid
- Use Tylenol (regular or extra strength) as directed
- Call the doctor if your fever exceeds 102

HAIR CARE

- Permanents and coloring may be done (fumes make some patients nauseated)

HEADACHE

- Tylenol (regular or extra strength)
- Rest in a quiet dark place
- Try a small amount of caffeine

HEMORRHOIDS

- Use warm soaking baths
- Avoid constipation
- Anusol, Tucks pads, Preparation H
- Call for severe pain or heavy rectal bleeding.

INDIGESTION/GAS

- Avoid spicy or greasy foods
- Avoid large meals at bedtime
- Antacids: Tums or Maalox
- Reflux: Gaviscon, Pepcid or Zantac as directed

INSOMNIA

- Warm relaxing baths
- Use pillows to adjust for comfort
- Benadryl, Tylenol PM, or Unisom as directed

NAUSEA/VOMITTING

- Refer to your anti-Nausea diet sheet
- Eat smaller, more frequent meals
- Dramamine-50mg every 6 hours
- Ginger snaps, tablets or tea
- Sea Bands –acupressure therapy
- ½ Unisom Tablet taken with 25mg Vitamin B6 every 8 hours
- Popsicles
- Preggie pops or B6 suckers (often sold at maternity stores)
- Call if you cannot tolerate any oral intake

NOSEBLEEDS

- Cold cloth to the nose with pressure
- Use a humidifier
- Apply Vaseline to mucous membranes

PAINTING

- Make sure the area is well ventilated
- Leave the house/room if the fumes are making you nauseated.

SORE THROAT

- Gargle with warm salt water 4 times/day
- Chloraseptic spray or lozenges

SWELLING

- If leg swelling is significantly one-sided or associated with muscle cramping, this could be a blood clot and should be evaluated immediately by a doctor
- Elevate feet or hands
- Avoid excessive salt intake
- Rest on your left side
- Use compression stockings
- Increase your fluid intake to 8-10 glasses a day to make up for fluid lost into tissue.

TRAVEL

- You may travel up to 36 weeks if your pregnancy is uncomplicated
- Stretch your legs and walk at least every 60 minutes to prevent blood clots
- Metal detectors in airports are safe

VAGINAL IRRITATION

- If you have itching and white discharge, you may try Monistat
- Chronic moisture from normal discharge or urinary leakage can cause irritation. Desitin may help
- Chronic minipad use may exacerbate irritation by chaffing and should be used sparingly
- Wear breathable fabric underwear like cotton.

VIRAL DISEASE AND EXPOSURE

- You may be immune even if you don't have a history of Chicken Pox or Fifth's Disease (Parvo)
- A blood test can tell if you are at risk and should be done as soon as you suspect you were exposed
- Shingles are low risk, but avoid direct contact if you are unsure if you have had Chicken Pox
- Hand-Foot-Mouth disease-No recommended testing
- Recurrent fever blisters-may use over the counter Carmex ,Abrevia, or L-lysine.

*No medication is proven completely safe in pregnancy. Therefore, please use any medication only when absolutely necessary for the shortest duration possible.

Women's Health Alliance, PA

p.k.a

Mid-Carolina Ob/Gyn, P.C

Brief Reference Guide For Common
Complaints in Pregnancy*

For links to more information

www.midcarolinaobgyn.com

919-781-5510