

## Recommendations for Remedies and Medications During Pregnancy

- Allergies: Salt water nasal rinse  
Loratidine (Claritin) 10mg per day  
Benadryl (diphenhydramine)
- Cough, cold, flu: Tylenol (Regular or Extra Strength) \*\*\*See bottom of list for doage  
Actifed, Tylenol-Cold,  
Sudafed (plain only, NOT Sudafed PE)  
Vitamin-C 2 grams per day  
Mucinex/Mucinex-D\*  
Robitussin/Robitussin DM  
Cough drops  
Vicks Vapor Rub  
\*Women with blood pressure issues should consult with physician
- Constipation: Increase fiber (bran cereal or fiber supplement)  
Increase fluid intake  
Exercise  
Smooth Move Tea  
Metamucil, Benefiber or Fiber Con (must be taken with 8 oz of water)  
Stool Softeners: Colace or Pericolace  
Magnesium Oxide- 2 pills per day (can cause diarrhea if used in excess)  
Miralax 1-cupful in 8 oz. of water
- Nausea/Vomiting: Try eating small frequent meals, crackers, dry toast, hard candy, plain popcorn or dry cereal  
Eat try toast or crackers before getting out of bed  
Eat bland diet- avoiding spicy or greasy foods  
Sea Bands (over the counter)  
Ginger- No more than 1000 mg per day  
Cinnamon gum  
Preggie Pops  
B-Natal Pop  
Vitamin B6 (pyroxidine) 100 mg per day  
Unisom (Doxylamine Succinate) 10 mg every 6 hours as needed
- Diarrhea: Increase clear fluids and avoid milk products  
Eat BRAT diet – **B**anana, **R**ice, **A**pplesauce, **T**oast  
Avoid spicy or greasy foods

Kaopectate  
 Imodium  
 \*Do NOT take Pepto Bismol

Gas: Phazyme  
 Gas X

Headache: Drink plenty of fluids  
 Alternate cold and warm compresses  
 Rest, relaxation and massage  
 Tylenol (Regular or Extra Strength) \*\*\*See dosage at bottom of list  
 \*If headache persists or if you have visual changes, call your provider or go to the Emergency Room

Heartburn: Avoid spicy or fried foods  
 Eat smaller or more frequent meals (do not lie down within 2 hours from meal)  
 Zantac (ranitidine) 150mg 1-2 times per day  
 Pepcid (famotidine) 20mg per day  
 Liquid antacids: Mylanta, Riopan or Tums

Hemorrhoids: Milk of Magnesia  
 Ducolax  
 Tucks  
 Anusol/Anusol HC

Insomnia: Benadryl  
 Unisom  
 Tylenol PM (Benadryl with Tylenol)

Nasal Congestion: Ocean Spray (salt water spray/normal saline spray)  
 Vaporizer  
 Salt water nasal rinses (1/2 tsp salt, 2/3 cup water, pinch baking soda)  
 See cold remedies

Pain/Fever: Tylenol/Acetaminophen \*\*\*See bottom of list for dosage  
 NO NSAID's: Ibuprofen, Motrin, Aleve  
 NO Aspirin: Excedrin

Sore Throat: Chloraseptic Spray or Lozenges  
 Tylenol (Regular or Extra Strength) \*\*\*See bottom of list for dosage  
 Gargle with warm salt water

Spotting: Spotting can occur in pregnancy. If you have any spotting, please call your physician as it could be a sign of a more serious problem

Varicose Veins: Support hose are very helpful  
Elevate your legs several times per day

Yeast infections: Monistat 7-Day safe during pregnancy, including 1<sup>st</sup> trimester  
Butoconazol cream- If out of first trimester

\*\*\*Tylenol\*\*\*

Do not exceed 4000 mg per day *OR* greater than 2000 mg per day if taking for more than 7 days

**\*NOTE: This list is not for breastfeeding, please consult with your pediatrician**

***Please be aware that these are general recommendations. Contact your provider for specific concerns***