

## Medications

**Headaches:** Tylenol Extra Strength. May be taken every 4-6 hours as needed. Tylenol PM may also be used as directed.

**Heartburn/Indigestion:** Riopan, Mylanta, Maalox, Tums, Gelusil, Roloids. Avoid spicy foods and choose low sodium foods if possible.

**Diarrhea:** Clear liquids (broth, ice chips, Jell-O, 7-Up, Gatorade), Kaopectate, Imodium

**Constipation:** Increase fiber foods (bran cereals, raw fruits and vegetables, etc.) and liquids (water and juice) to at least 10 or more glasses of water per day. IF these are not effective, you may use Milk of Magnesia, Peridium, Metamucil, Fiber-Con or Colace (stool softener). Increase physical activity.

**Hemorrhoids:** Preparation H, Anusol, Colace, Tucks, sitz baths (sitting in warm water) 3-4 times a day to avoid constipation.

**Head Congestion:** Sudafed (obtain from behind the pharmacy counter), Robitussin

**Allergies:** Actifed, Chlortrimeton, Benadryl and Tylenol Allergy

**Excessive Gas:** Mylicon-80 (as directed on box)

**Sore Throat:** Throat lozenges, Chloraseptic or Cepastat, cough drops, warm salt water (gargle every 4 hours as needed). If nasal drainage is present, try a decongestant or antihistamine (see Head Congestion above).

***These over-the-counter medications should not be used during pregnancy without consulting with your physician:***

- Alcohol
- Any form of nicotine or tobacco
- Acne treatments
- Aspirin
- Street drugs
- Alka-Seltzer
- Ibuprofen (Advil, Motrin)
- Vitamin A Supplements
- Pepto-Bismol
- Retin-A Cream and Renova: Not recommended during pregnancy

## **Common Symptoms During Pregnancy**

***Nausea:*** We recommend saltine crackers before getting out of bed. Eating small frequent meals and drinking 7-Up, Gatorade and Ginger Ale may be helpful. If nausea continues, medication can be given. Vitamin B-6 (50mg) twice a day may also be helpful. If you are unable to keep anything down for 12-24 hours, please call your physician.

***Swelling:*** It is not uncommon during pregnancy to have swelling in legs, feet and hands. Swelling may be accompanied by a tingling sensation or numbness, especially during the last few months of pregnancy. We recommend avoiding excessive salt intake, increasing fluids (water, fruit juice, no diet drinks) and elevating feet above the heart level. Contact your doctor if swelling does not decrease.