

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 1st 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