

COMMONLY ACCEPTED PREGNANCY MEDICATIONS & REMEDIES

No medication can be guaranteed to be absolutely safe when taken during pregnancy. Medications should be used only if the potential benefits are greater than the potential risks. Medications should especially be avoided during the first 12 weeks of pregnancy.

PAIN, HEADACHE, GENERAL DISCOMFORTS

**Do Not Use Aspirin (Bayer, Anacin, Excedrin, BC or Goody's powders.)
Ibuprofen (Advil, Nuprin and Aleve).**

Use Acetaminophen (Tylenol-regular or extra strength) 2 tablets every 4-6 hours. For headaches increase fluid intake & eat frequent meals.

COLDS OR SINUS CONGESTIONS

Consume plenty of fluids, Acetaminophen products & rest. Robitussin products for cough. Sudafed, Actifed, or Chlortrimeton for congestion. Multi-symptoms use Tylenol cold tabs, Tylenol sinus tabs or Tylenol Flu. Saline Nasal Spray may be used during pregnancy.

DIARRHEA

Consume plenty of fluids especially sports drinks such as Gatorade, Powerade, etc. Kaopectate, Donnagel, or Immodium AD as directed on package. Bland diet.

CONSTIPATION

Most Important: Eight (8oz) Glasses of water daily. Fiber Laxative Metamucil, Citrucel or FiberCon daily. Stool softeners such as Colace or Surfak are very good. Glycerin or Dulcolax suppositories may be used. Milk of Magnesia as a last resort.

INDIGESTION, HEARTBURN

Liquid over the counter antacids such as Maalox, Mylanta, etc.
Chewable antacid tablets such as Tums, Roloids, etc.

HEMORRHOIDS

Avoid constipation!! Increase water intake, use Tucks pads,
Preparation H or Anusol as directed. Use sitz baths two-three times
daily. Apply ice packs.

MORNING SICKNESS

Try 6 small meals a day. Vitamin B6 50mg every 12 hours. Emetrol as
directed. Bananas, ginger tea, ginger ale & a low fat diet may help.
Wear Seabands wrist bands.

YEAST INFECTION

Monistat Vaginal Cream or a generic equivalent may be used during
pregnancy.