

PRENATAL

Symptom & Medication Use During Pregnancy

Use of any over-the-counter medications should be discussed with and approved by your provider.	
<u>NAUSEA - VOMITING</u>	
First: Stop prenatal vitamins & switch to Folic Acid 0.4mg daily. Second: Eat small, frequent meals which are bland (toast, crackers, bread, etc.) Further Interventions: • P6 acupressure wrist bands • Ginger capsules 250mg up to 4 times daily; Ginger Ale, ginger candy or crystals • Vitamin B6, 10-25 mg up to 4 times daily • Doxylamine (Unisom) 12.5-25mg up to 4 times daily. (Can be combined with Vitamin B6) • Prescription available – Diclegis • Dramamine 25mg every 4-6 hours or 50mg every 6-8 hours as needed (May Cause Drowsiness) • Benadryl 25-50mg every 4-8 hours as needed (May Cause Drowsiness)	
<u>HEARTBURN - INDIGESTION - GAS</u>	
• Pepcid, Tums (no more than 200mg), Prilosec, Nexium, Mylanta, Maalox • If taking iron or folic acid supplements, take at least 2 hours before or after antacids to avoid reduced absorption. • AVOID Pepto-Bismol or other aspirin-containing products	
<u>HEADACHE – BACK PAIN – GENERAL PAIN</u>	
• Heating pad • Back stretches / Massage • Belly band/cradle • Icy Hot • Tylenol • Patients experiencing mild headaches may find comfort by applying an ice pack to the base of the neck and a heating pad to the shoulders. • AVOID products that contain aspirin, ibuprofen (Motrin or Advil), or Naproxen Sodium (Aleve)	
<u>INSOMNIA</u>	
• Practice proper sleep hygiene • Limit caffeine intake later in the day • Avoid screen use at night • Maintain consistent sleep-wake schedule daily • Doxylamine (Unisom) 12.5-25mg at bedtime • AVOID melatonin	
<u>ALLERGIES</u>	
• Saline Nasal Rinse & Allergen avoidance • Claritin • Zyrtec • Budesonide • Benadryl – (May Cause Drowsiness) • Tylenol Allergy – (May Cause Drowsiness)	

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COLD – SINUS CONGESTION
• Saline Nasal Rinse, Humidified air, adequate hydration, and rest • Budesonide (Fluticasone is acceptable if Budesonide is inadequate) • Chlor-Trimeton – (May Cause Drowsiness) • AVOID – Sudafed (pseudoephedrine) in first trimester • AVOID – Sudafed PE entirely
COUGH
• Cough Drops • Robitussin (NOT Robitussin DM) • Delsym 12-hour Extended Release • Benylin (After First Trimester) • Mucinex (After First Trimester)
SORE THROAT
• Warm saltwater gargles • Honey in warm tea / water • Throat lozenges (Ricola, Halls) • Chloraseptic spray (Do not use more than 4 times a day)
CONSTIPATION
• Increase water intake and whole grain products (bran cereals, fruits, and vegetables) • Fiber supplements, e.g., Benefiber, Metamucil (Increase intake slowly over 1-2 weeks to minimize bloating/flatulence) • Increase physical activity (e.g. walking 30 minutes daily) • Stool softeners (e.g. Colace, Surfak) • Laxatives (e.g. MiraLAX, magnesium citrate, glycerin suppositories)
HEMORRHOIDS
• Constipation management (see above) • Tucks pads (witch hazel) • Anusol • Hydrocortizone 1% (Limit to less than or equal to 7-10 days) • DermaPlast (Short-term use acceptable after first trimester)
YEAST INFECTIONS
• Monistat 7 or Gyne-Lotrimin
LEG CRAMPS
• Stretching, Compression Socks, Massage, Warm Compresses • Magnesium Glycinate 400mg at Bedtime