



Women's Health Center
225 S. Union Blvd. 2nd floor

Form # MED128 eng
 Form Date: 12/04/18

Medications for Pregnancy and Breastfeeding
Take According to Package Label and Directions

Problem	Over The Counter Medication Brand Name (Generic Name)	Other Measures
Allergies	Benadryl (Diphenhydramine), Claritin (Loratadine), Zyrtec (Cetirizine)	Avoid things that make symptoms worse.
Back Pain	Tylenol (Acetaminophen) regular or extra strength (no more than 400mg total in 24 hours) Do not take Motrin (Ibuprofen), Aleve (Naproxen) or Aspirin unless advised by provider.	Heat or cold, massage, maternity belt (back support), shoes with arch support, limiting lifting, sleep on your side with pillows between your legs.
Bloating/Gas	Gas x (simethicone)	Avoid food that worsen symptoms.
Constipation	Colace - stool softener, Metamucil, Fibercon, Citrucel, Konsyl (fiber), Milk of Magnesia, Senokot - laxative, Dulcolax - laxative, Fleets enema.	Increase fluid intake (2-3 quarts per day). Prunes or prune juice daily. Increase fiber in diet (raw fruits and veggies) and eat whole grains. Exercise regularly.
Cough	Robitussin DM, Delsym (Dextromethorphan), Throat Lozenges/cough drops (not containing alcohol). Do not exceed 1 week use.	Vaporizer/humidifier. Take tea with honey and lemon (non-caffeinated).
Diarrhea	Imodium AD (Do not take Kaopectate or Pepto-Bismol) <i>*usually best to let it run its course</i>	Clear liquid diet for 24-48 hours. BRAT diet: banana, rice, applesauce, toast. Increase water intake.
Fever (over 100.4F)	Tylenol (Acetaminophen)	Cool compresses. Increase water intake.
Headache	Tylenol (Acetaminophen)	Reduce stress, rest, increase fluid intake and eat small, frequent meals.
Heartburn/Indigestion	Tums, Rolaids, Maalox, Mylanta, Tagamet HB (Cimetidine), Zantac (Ranitidine), Pepcid AC (Famotidine)	Eat small, frequent meals and decrease fat intake. Elevate head when lying down. Drink milk between meals and wait to lie down after eating.

Problem	Over The Counter Medication Brand Name (Generic Name)	Other Measures
Hemorrhoids	Preparation H, Anusol HC, Tucks Pads	Avoid constipation and straining. Ice packs, sitz bath.
Insomnia	Benadryl (Diphenhydramine), Tylenol PM (Acetaminophen & Diphenhydramine), Unisom (Doxylamine Succinate), B6 50mg	Warm bath before bed. Warm milk before bed. Daily exercise and avoid caffeine.
Leg Cramps	Calcium 1000mg at bedtime, Magnesium Citrate (150-300ml/ day or 150 ml 2x a day)	Avoid pointing toes. Flex foot and elevate when cramp occurs. Increase fluid/water. Take a hot shower or bath.
Ligament Pain	Tylenol (Acetaminophen)	Avoid twisting and fast movements. Use a maternity belt.
Nasal Congestion & Pressure	Ocean Spray (Saline), Vicks (Mentholatum), Sudafed, Actifed (Pseudoephedrine) Do not use first 12 weeks of pregnancy or while breastfeeding.	Vaporizer/humidifier.
Nausea and Vomiting (Morning Sickness)	Unisom (Doxylamine Succinate) 1/2 tab in a.m., 1 tab in p.m. Vitamin B6: 50mg 3 times a day. Times, Roloids, Ginger root.	Sip on ginger ale. Peppermint tea or candy. Eat toast or crackers before getting out of bed, use sea bands (acupressure).
Sore Throat	Tylenol (Acetaminophen), throat lozenges	Warm salt gargles. Increase fluid intake.
Swelling	Vitamin B6: 50-100 mg per day.	Lemon juice, watermelon, strawberries. Increase water intake (2-3 quarts per day). Decrease salt intake. Compression nylons/stockings.

Please give us a call if any of the above problems are severe or if they continue despite treatment. (719) 632-5700.