

MEDICATIONS ALLOWED DURING PREGNANCY

Nausea

- Vitamin B-(50 mg)
- Unisom
- Prescription medications(Contact the office)

Colds/Allergies

- Robitussin (No decongestant)
- Mucinex (No decongestant)
- Claritin (No decongestant)
- Zyrtec (No decongestant)
- Nasal saline
- Cough drops
- Tylenol

Rash

- Benadryl
- Hydrocortisone cream

Headache

- Tylenol
- Extra strength Tylenol
- Excedrin Migraine

Heartburn

- Mylanta
- Maalox
- Tums
- Roloids
- Pepcid (20 mg twice daily)

Gas

- Mylanta 2
- Mylicon

Constipation

- Colace
- Metamucil
- Milk of magnesia
- Senokot
- Miralax

Diarrhea

- Kaopectate
- Imodium

Hemorrhoids

- Tucks pads
- Sitz baths
- Preparation H
- Anusol plain or HC

Backache

- Heating pad
- Warm baths
- Tylenol
- Extra strength tylenol

Common Problems in Pregnancy and what to take for it.

Headache:

Headaches in early pregnancy are not uncommon. Do not hesitate to report to us any persistent headaches late in pregnancy. Make sure that you increase your fluid intake with mainly water and avoid drinks with sugar or caffeine.

DO NOT take Ibuprofen products i.e. Advil and Aspirin.

DO take: Over the counter

1. Tylenol
2. Extra Strength Tylenol
3. Excedrin Migraine
4. Contact the office at 931-962-0450 if a persistent headache occurs.

Heartburn:

This is a normal condition of pregnancy. Eliminate spicy food from your diet. Drink Milk.

DO NOT take baking soda, Pepto Bismol, or Alka-Seltzer.

Do take: Over the counter

1. Mylanta
2. Maalox
3. Tums
4. Roloids
5. Pepcid (20 mg twice a day)
6. Contact the office at 931-962-0450 if persistent heartburn occurs.

Gas:

DO NOT take Pepto Bismol.

Do take: Over the counter

1. Mylanta 2
2. Mylicon
3. Contact the office at 931-962-0450 if persistent gas occurs.

Constipation:

Constipation can be prevented by proper diet and regularity of habits. Eat plenty of fresh and cooked fruits and vegetables such as the following: prunes, raisins, figs, dates, leafy vegetables, salads. Dry cereals such as all bran, shredded wheat, raisin bran should be incorporated. Prune juice may be effective. You should drink several large glasses of water and other fluids daily. Avoid straining

Do take: Over the counter

1. Colace
2. Metamucil
3. Milk of Magnesia
4. Senokot
5. Miralax
6. Contact the office at 931-962-0450 if persistent constipation occurs.

Common Problems in Pregnancy and what to take for it.

Nausea:

Try to eat some dry crackers or toast without butter. Drink plenty of fluids, mainly water, but one bottle of Gatorade or Powerade a day is also fine. Sometimes ginger ale or a small amount of soda is better tolerated than large amounts of water on an empty stomach.

DO NOT take Pepto Bismol.

Do take: Over the counter

1. Vitamin B-6 (50 Mg)
2. Unisom
3. Ginger Ale/Ginger tab
4. Contact the office at 931-962-0450 for any prescription-strength medication such as Zofran or Phenergan.

Colds/Allergies:

Common colds can be treated in the usual way with rest and fluids. Please report any fever over 101 degrees and any persistent cough or sore throat. If you have these symptoms **PLEASE DO NOT** come into the office without a mask. Due to the fragile state of some of the other pregnant women in our office, we request that you go to your local urgent care for testing for the following: Covid, Flu testing, or Strep.

DO NOT take Ibuprofen products i.e. Advil and Aspirin, or anything with a Decongestant in it.

DO take: Over the counter

1. Robitussin (no decongestant)
2. Mucinex (no decongestant)
3. Claritin (no decongestant)
4. Zyrtec (no decongestant)
5. Nasal saline
6. Cough drops
7. Tylenol
8. Please contact the office at 931-962-0450 if you have been taking over the counter medications for up to a week and you notice no improvement with symptoms or a fever over 101 degrees.

Rash:

Do take: Over the counter

1. Benadryl
2. Hydrocortisone cream
3. Contact the office at 931-962-0450 if any of these medications do not help with the rash after 3 days.

Common Problems in Pregnancy and what to take for it.

Diarrhea:

Diarrhea may be treated with increased fluids and a bland diet.

DO NOT take Pepto Bismol.

Do take: Over the counter

1. Kaopectate
2. Imodium
3. Contact the office at 931-962-0450 if persistent diarrhea occurs.

Hemorrhoids:

There may occur more during the latter months of the pregnancy. You should avoid constipation.

Do take: Over the counter

1. Tucks pads
2. Sitz baths
3. Preparation H
4. Anusol plain or HC
5. Nupercainal
6. Contact the office at 931-962-0450 if persistent hemorrhoids occur.

Backache:

Backache to some degree is not uncommon in pregnancy. Changes in posture, excessive strain or fatigue, excessive bending or lifting, etc. will cause some degree of backache. There are other causes that may have an undesirable effect upon your pregnancy so be sure and notify us of any backache that is severe or persistent.

DO NOT take Ibuprofen products i.e. Advil and Asprin.

DO take: Over the counter or at home remedies

1. Heating pad
2. Warm baths
3. Tylenol
4. Extra strength Tylenol
5. Contact the office at 931-962-0450 if persistent backache occurs.

Frequent urination:

As the uterus begins to grow, it exerts pressure on the bladder and you may have to urinate frequently. This can be particularly true in the last months of pregnancy. Do not worry about this, but you should report painful urination. We do check your urine at every visit, so even if there are no symptoms of a UTI we can still see if there is one present.

Common Problems in Pregnancy and what to take for it.

Swollen feet and ankles:

This can be relieved by elevating the feet as often as possible. If swelling is occurring in 1 ankle/foot more than the other and there is pain present contact our office as soon as possible.

Try lying on your right side or left side for 2 hours a day. Drink 6-8 glasses/bottles of water daily. Inquire about maternity support hose/tights, sometimes your insurance will cover these, but if they do not you can find them at Wal-mart or on Amazon.

Varicose veins:

These usually worsen during pregnancy. Frequent rest periods with an elevation of the legs and the use of maternity support stockings are helpful and worth the expense if your insurance does not cover these items.

Vaginal discharge:

A Slight increase of discharge is normal. If the vaginal discharge causes irritation, odor, bleeding, itching, or necessitates wearing a pad, notify us so that we can determine if a visit is necessary.