

East Cascade Women's Group

Recommendations for Medications and Remedies During Pregnancy

The following is a list of common remedies and medications that are safe for you to use during pregnancy. If you are on any other medications, or would like to take something other than what has been recommended, please check with our office first. Our phone number is 541-389-3300.

Any medication with this symbol (*) may be taken with another type of medication listed. If you have any doubts about combining medications, please call and speak with someone in our office.

Cold – Flu – Allergies

- *1. Tylenol or Extra Strength Tylenol
- *2. Actifed, Tylenol Cold or Sudafed-PE
- 3. Benadryl, Claritin, Zyrtec
- 4. Mucinex
- 5. Normal saline nasal spray

Cough

- *1. Robitussin cough syrup or Robitussin DM cough syrup

Sore Throat

- *1. Chloraseptic spray or lozenges
- *2. Tylenol

Headache

- 1. Alternate warm and cold compresses
- 2. Extra Strength Tylenol

Fever

- *1. Extra Strength Tylenol (acetaminophen) 2 tablets every 6 hours. If temperature is above 101.0 F for more than one day, you should phone the office.

Diarrhea

- 1. Increase clear fluids and avoid milk products
- 2. BRAT diet (**B**ananas, **R**ice, **A**pplesauce **T**oast)
- 3. Avoid spicy and greasy foods
- 4. Imodium AD

Gas

- 1. Mylanta Gas Gel Caps or Chewable tablets in regular or extra strength

Leg cramps

Increase dairy products such as milk, cheese, yogurt and cottage cheese. Increase fluids. Avoid foods such as beans, peas and legumes. Decrease caffeine intake.

Heartburn

- 1. Roloids, TUMS, Maalox, Gaviscon, Mylanta – may add Tagament HB & Pepcid AC after 20 weeks.

Nausea

- 1. Unisom Doxylamine Succinate 25 mg – ½ tablet at bedtime
- 2. Vitamin B6 25 - 50 mg – up to 3 times a day
- 3. You should try eating small meals every 2 hours. Crackers (saltines). Bland diet – avoid spicy/greasy foods
- 4. Sea Bands – available over the counter

Constipation

- 1. Fibercon, Metamucil, Colace, Dialose, Surfak
- 2. Increase water and fiber in diet
- 3. Miralax

Hemorrhoids

- 1. Tucks HC, Preparation H, Tuck pads
- 2. Sitz baths

Sleeplessness

- 1. Tylenol PM, Unisom Doxylamine Succinate, Benadryl

Yeast Infection

- 1. Can use over the counter Monistat cream, Mycelex or Gyne-Lotrimin

Urinary Tract Infections

If you get a UTI you should call the office. You can help prevent UTI's by drinking 8 glasses of fluids a day.

Spotting

If you have any spotting please call our office right away.