



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 (plain)
5. Normal saline nasal spray, Netti Pot, Neil Med Sinus Rinse

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 ° F (or 100 ° F with a cough) for more than 1 day, you should phone the office.

Diarrhea

1. Increase clear fluids and avoid milk products
2. BRAT diet (Bananas, Rice, Applesauce, Toast)
3. Avoid spice 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

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

Nausea

1. Unisom (doxylamine succinate) 25 mg- ½ tablet at bedtime (12.5 mg)
2. Vitamin B6 -25 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 the diet
3. Miralax

Hemorrhoids

1. Tucks HC, Preparation H, Tucks Pads
2. Sitz baths

Sleeplessness

Tylenol PM, Unisom (doxylamine succinate), Benadryl

Yeast Infections

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

Urinary Tract Infections

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

Spotting

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