



## 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 other than what has been recommended, please check with our office first at **541-389-3300**.*

#### **Cold – Flu – Fever**

- Tylenol or Extra Strength Tylenol
- Actifed, Tylenol Cold or Sudafed-PE
- Mucinex
- Vicks vapor rub
- Robitussin or Robitussin DM cough syrup
- Chloraseptic spray or lozenges
- Salt water gargle
- Normal saline nasal spray
- Airborne or Emergen-C as needed for immune support
- Zicam

#### **Headache**

- Alternate warm and cold compresses
- Extra Strength Tylenol

#### **Allergies**

- Flonase or Saline Nasal Spray
- Benadryl, Claritin, Zyrtec

#### **Sleeplessness**

- Tylenol PM
- Unisom Doxylamine Succinate
- Benadryl

#### **Leg cramps**

- Stretch, Increase fluids, and supplement calcium with magnesium.
- Increase dairy products such as milk, cheese, yogurt, and cottage cheese
- Avoid foods such as beans, peas, and legumes
- Decrease caffeine intake

#### **Back Pain**

- Try stretching, heat pad or warm bath
- You may try Icy Hot or Ben Gay topical ointment

#### **Rash**

- Topical Hydrocortisone cream-up to 3 days
- You may also try Benadryl, Claritin, or Zyrtec

#### **First Aid**

- Neosporin or Triple Antibiotic Ointment

#### **Nausea**

- Unisom Doxylamine Succinate 25 mg – ½ tablet
- at bedtime
- Vitamin B6 25 - 50 mg – up to 3 times a day
- You should try eating small meals every 2 hours.
- Avoid spicy/greasy foods- Try bland foods like saltine crackers
- Sea Bands – available over the counter

#### **Constipation**

- Increase water and fiber in diet
- Colace, Fibercon, Metamucil, Dialose,
- Miralax

#### **Hemorrhoids**

- Tucks HC, Preparation H, Tuck pads
- Sitz baths

#### **Diarrhea**

- Increase clear fluids and avoid dairy
- BRAT diet (**B**ananas, **R**ice, **A**pplesauce **T**oast)
- Avoid spicy and greasy foods
- Imodium AD-after 1-2 days

#### **Gas**

- Mylanta Gas or Gas X Gel Caps or Chewable tablets in regular or extra strength
- Try a walk, yoga, and increasing fluid

#### **Heartburn**

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

#### **Yeast Infection**

- You may 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