

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 – Allergies

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

Headache

- Alternate warm and cold compresses
- Extra Strength Tylenol

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

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

First Aid

- Neosporin or triple antibiotic ointment

Heartburn

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

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

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

Hemorrhoids

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

Sleeplessness

- Tylenol PM
- Unisom Doxylamine Succinate
- Benadryl

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

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