

Preferred Choice for Medications

For Pregnant Moms

Headache/Pain	Tylenol, 1-2 tablets every 4 hours as needed
Nausea	Unisom (Doxylamine), 1 tablet at bedtime as needed Vitamin B6, 50 mg up to 3 times daily as needed Ginger Root 250 mg, 4 times a day as needed
Cold Symptoms	Claritin, 10 mg daily as needed Zyrtec, 10 mg daily as needed Benadryl, 25-50 mg, 1-2 tablets every 4 hours as needed Saline nasal rinses as needed
Cough	Robitussin DM, 1-2 tsp every 4 hours as needed- <i>use after 12 weeks gestation only</i> Delsym, 2 tsp every 12 hours- <i>use after 12 weeks gestation only</i>
Constipation	Metamucil, 1 tsp-1TBSP, 1-3 times daily as needed Citrucel, 1TBSP, 1-3 times daily as needed Miralax, 17 grams (1 scoop) daily as needed Colace, 100mg, 1-2 times daily as needed Milk of Magnesia, 30 cc daily as needed
Hemorrhoids	Preparation H, as directed on the box Anusol HC cream, 2 times daily as needed Tucks medicated pads, as directed on the box
Vaginal Infection	Monistat, 7 day treatment- <i>use after 12 week gestation only</i> Mycelex, 7 day treatment- <i>use after 12 week gestation only</i>
Heartburn	Zantac, 1 tablet 2 times daily as needed Pepcid, 1 tablet 2 times daily as needed Mylanta or Maalox, 2-4 tsp per day as needed
Rash	Hydrocortisone cream Benadryl cream

Preferred Choice for Medications

For Nursing Moms

Headache/Pain	Tylenol, 325mg, 1-2 tablets every 4 hours as needed Motrin, 200mg, 1-2 tablets every 4 hours as needed
Cold Symptoms	Claritin, 10 mg daily as needed Zyrtec, 10 mg daily as needed Benadryl, 25-50 mg, 1-2 tablets every 4 hours as needed Saline nasal rinses as needed
Cough	Robitussin DM, 1-2 tsp every 4 hours as needed
Constipation	Metamucil, 1 tsp-1TBSP, 1-3 times daily as needed Citrucel, 1TBSP, 1-3 times daily as needed Miralax, 17 grams (1 scoop) daily as needed Colace, 100mg, 1-2 times daily as needed Milk of Magnesia, 30 cc daily as needed
Hemorrhoids	Preparation H, as directed on the box Anusol HC cream, 2 times daily as needed Tucks medicated pads, as directed on the box
Heartburn	Zantac, 1 tablet 2 times daily as needed Pepcid, 1 tablet 2 times daily as needed Mylanta or Maalox, 2-4 tsp per day as needed

What to Do First:

Cold

- Get plenty of rest, drink lots of fluids, and wash your hands a lot. Using a humidifier can help.
- Use saline nasal spray during the day and rub Vicks on your chest and neck before you go to bed at night to clear your stuffy nose.
- Gargle with warm salt water and drink honey with lemon for a sore throat.
- Rub a little Vaseline inside your nose to keep it from chapping

Headache

- Drink plenty of water-at least 6-8 glasses a day.
- Eat small amounts of food all day long instead of 3 big meals-to avoid low blood sugar.
- Have someone massage your neck and shoulder for you.

Yeast Infections

- Do not douche.
- Wear cotton underwear.
- Include yogurt with “lactobacillus acidophilus” in your diet.

Heartburn/Indigestion

- Eat 5-6 small meals per day and do not lie down after eating.
- Avoid foods that are acidic (like tomatoes, fruit drinks, spicy foods, fried foods). Drink or eat something like milk, before you lie down. Try chewing gum after eating.

Constipation

- Drink more fluids-at least 6 glasses a day.
- Eat lots of fruits and vegetables-to add bulk to the stool
- Exercise can help

Diarrhea

- Drink lots of clear liquids (water, juice, Gatorade, broth)
- Eat Bananas, rice, apples/applesauce, and toast. Start off eating these foods and then gradually add other foods.
- If your symptoms last longer than 24-48 hours please contact your OB provider.

Fever

- Increase rest and fluids
- Cool towels on your body or a luke warm shower/bath.
- If your symptoms last longer than 24-48 hours please contact your OB provider.

**If you need to take medication for any of the conditions listed please refer to the Preferred Choice for Medications for Pregnant/Nursing Moms handout.*