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Minor Illnesses and Medications in Pregnancy

- Headache:** Any Tylenol or Extra-Strength Tylenol products – as directed on the label.
- Seasonal Allergies:** Claritin, Zyrtec, Benadryl, Allegra, Nasonex, Flonase or Nasacort.
- Cold/Flu:** Any Sudafed product can be used for congestion after 14 weeks of pregnancy. Mucinex, Zicam, Robitussin for cough, Tylenol for discomfort, Ocean Nasal spray for nasal congestion, Benadryl for runny nose and Chloraseptic spray or any cough lozenges for sore throat can be used at any time in pregnancy. All of the above are non-prescription medications. Follow the directions on the label. It is important to increase fluids, especially if you have a fever. A cool-mist vaporizer will help soothe irritated mucous membranes and loosen congestion, especially in winter months.
- Indigestion:** Tums, Riopan Plus, Maalox, Mylanta or Gaviscon – as directed on label. If no relief with these medications, you may try Pepcid AC, Prisoletc or Nexium – as directed on label. Also, avoid fatty, greasy or highly spiced foods.
- Nausea:** Nausea in pregnancy is caused by increased levels of estrogen in the body which influence the digestive system and cause irritation when stomach acids accumulate. Try the following: Keep saltines, graham crackers or dry toast by your bed to eat upon awakening. Don't let your stomach get empty – eat 5 or 6 small meals daily instead of 3 large ones. Avoid greasy, fatty or highly-seasoned foods. If you are unable to eat solid foods, try fluids. They are usually easier to tolerate when nausea occurs. Vitamin B6 (50 mg.) may be taken by mouth 3 times a day along with Unisom (Doxylamine) 25 mg before bed time.
- Constipation:** Peri-Colace – 2 capsules at bedtime
Metamucil – follow directions on label
Senokot – 1 tablet at bedtime
Milk of Magnesia – 30 cc (2 Tablespoons)
Miralax – follow directions on label
Fiber gummie supplements – follow label instructions
- Hemorrhoids:** Over-the-counter preparations may be used during pregnancy, including Preparation H, Anusol HC and Tucks medicated pads. It is important to use a stool softener or fiber in your diet and to drink plenty of fluids.
- Diarrhea:** Kaopectate, Immodium AD or Donnagel-PG. Avoid Pepto-Bismol. Any of the above may be used – follow directions on label. Clear liquids for 24 hours then eat a bland diet – avoid highly-seasoned foods. Call the office if symptoms persist longer than 48 hours.
- Swelling:** Increase fluid intake – drink 3 to 4 quarts of liquid (preferably water) each day. Eliminate salt from diet. Do not add salt when preparing food. Avoid foods high in salt, such as tomato products, canned vegetables, salt-cured meats, etc. Elevate legs and feet when possible.
- Difficulty Sleeping:** Benadryl, Tylenol PM, Unisom or Melatonin.
- Nosebleeds:** Occur due to increased blood volume during pregnancy. Apply ice pack to nose. Bleeding gums are also common in pregnancy.
- Leg Cramps:** Common in pregnancy and occur due to a lack of calcium/phosphorus imbalance. They are relieved by increasing dietary calcium or by using a calcium supplement. You may take two (2) 250 mg. calcium tablets at bedtime.
- Vaginal Yeast Infection:** Monistat 7 or generic equivalent or over-the-counter vaginal yeast medications as directed.
- Skin Rashes And Topicals:** Aveeno, Benadryl cream, 1% Hydrocortisone cream, Nix/Rid for head lice, A & D ointment, Lanolin, Neosporin or Aloe.

If any of the above problems do not subside with recommended treatment, please phone the office.