



Common Complaints & Approved Over the Counter Medications for use during pregnancy

Headaches:

Tylenol or Extra Strength Tylenol
(if no relief, call the office)

***** Do not use Ibuprofen (Advil/Motrin/Aleve) during pregnancy without the advice of your provider**

Nasal Congestion:

Sudafed as package directed
Tylenol Sinus for sinus headache
Tavist Sinus
Chlortrimeton 4 Hour
Claritin D

Runny Nose:

Benadryl
Tavist
Claritin

Cold:

Tylenol Cold

Flu Symptoms:

Tylenol Flu

Sore Throat:

Chloraseptic Spray
Throat Lozenge
Warm saltwater gargles

Cough:

Drink plenty of fluids (especially water)
Robitussin-Expectorant--loosens mucous and phlegm (take with water)
Robitussin DM--quiets cough
Cough drops

Heartburn and Indigestion:

Gaviscon
Tums--as needed
Pepcid AC--take 1 in AM & 1 in PM
Maalox/Mylanta--can try taking 30 minutes before meals & bedtime

Gas Pains: Mylicon, Gas X, Gaviscon
Phazyme

Diarrhea:

Immodium AD as directed

Difficulty Sleeping:

Benadryl & Tylenol PM

Constipation:

Drink plenty of water & eat more fruit & bran products
Metamucil, Colace or Benefiber
Doxidan, Citrucel, or Milk of Magnesia (MOM)

Hemorrhoids:

Preparation H
Tucks pad
Anusol or Anusol suppositories

Nausea:

Dramamine or Emetrol
Vitamin B6 & 1/2 Unisom
Ginger Capsules 250 mg twice daily

Leg Cramps: 6-8 glasses water daily

Bananas, Tums

Yeast:

Monistat

Fever: If higher than 100.4 or if symptoms get worse call the office.