

## Safe Medications during Pregnancy

Below is a list of safe medications for common ailments during pregnancy.

Discomfort/Symptom	Relief Measure	Medication
Increased perspiration/feeling of warmth	Daily bathing, increased fluid intake, comfortable (looser fitting) clothing	
Breast changes	Good support bra, avoid stimulation	
Insomnia (difficulty sleeping)	Soothing baths, decrease caffeine, relaxation techniques like sleep apps or yoga nidra	Benadryl 25 mg before bed (limit 2-3 times/wk), Zzzquil, Chamomile tea, Melatonin, Unisom SleepTABS
Fatigue	Rest, adequate diet	Vitamin B complex, diffuse peppermint oil
Heartburn or indigestion	Sleep with head elevated, decrease fatty foods, eat small frequent meals	Papaya enzymes (as often as needed), Tums, Maalox, Mylanta, Zantac, Prilosec OTC, Pepcid (NO Pepto Bismol)
Nausea/vomiting *call if unable to keep down fluids for 24 hours	Small meals, avoid odorous and greasy foods, separate food and drink intake, Sea-Band acupressure, acupuncture (available at FCWC)	Ginger, Vitamin B6 50mg every 6 hours PLUS Unisom SleepTABS every night
Headache	Relaxation techniques, meditation	Tylenol, Magnesium 500mg once or twice daily, beverages or tylenol with 50-65mg of caffeine, Natural Calm
Constipation	Increase roughage (fresh fruits and vegetables), drink more water, eat dried fruits	Super Aloe tablets (available at FCWC), Natural Calm, Milk of Magnesia, Doxidan, Fibercon, Citrucel, Senokot, Metamucil, Surfak, Peri-Colace
Backache	Support garments (bellybands, Gabriella belt), medium to low heels, heat and massage, chiropractic adjustment, acupuncture	Tylenol

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	(available at FCWC), rest	
Dizziness	Cool environment, support hose or compression stockings, avoid rapid changes in position, adequate diet and hydration, avoid fatigue, deep breathing	Dramamine
Shooting Pain	Warm compresses, roll to side lying position, push with hands to sitting position in the AM	
Lower perineal ache, pressure/sensation something is falling out	Resting on side, vaginal exercise (Kegel), pregnancy Spanx	
Swelling (legs, ankles, hands, feet, etc)	Increase hydration, bigger shoes, remove rings, elevate legs when awake and sleeping, wrist support braces for carpal tunnel, compression stockings	Alfalfa 500mg 3 times a day in the 3rd trimester only (not for use in women with autoimmune disease), Dilute rosemary oil
Cold symptoms		Tylenol Cold products, Coricidin HBP
Congestion	Increase hydration, Nasal saline rinse, steam inhalation, humidifier or vaporizer	Benadryl, Claritin, Zyrtec
Cough	Honey, peppermint, salt/water gargle, humidifier or vaporizer	Robitussin, Mucinex after 16 weeks (without pseudoephedrine)
Sore throat	Honey, salt/water gargle, humidifier or vaporizer	Throat lozenges, Chloraseptic spray
Diarrhea	Increase hydration, BRAT diet	Imodium AD, Kaopectate NO Pepto Bismol or Lomotil
Hemorrhoids		Annusol, Preparation H, Tucks (keep in the refrigerator)
Gas		Mylcion, Gas X