

Common Medicines in Pregnancy

Women’s Wellness of Southern Delaware

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| Early Pregnancy Nausea/Vomiting | Vitamin B6 (50-100mg per day in divided doses)  Doxylamine (Unisom) (12.5-25mg once at night)  (Vit B6 and Doxylamine together are recommended)  Ginger  Acupressure wrist bands: (like Sea Band)  **WWSD Suggestions:**  Chimes Ginger Chews- Mango is YUMMY!!! (get on Amazon)  Accuputure (a suggestion: First State Chiropractors 302-645-6681) |
| Colds | Chlor-Trimeton  Tylenol Cold  Mucinex  Vicks Vapor Rub  Nasal Saline Spray  Neti Pot  Nose strips  **AVOID:**  Decongestants like medications containing Pseudoephedrine (Sudafed) are not recommended before 16 weeks. Also, they should be used with caution in the 3rd trimester because they can increase your blood pressure. |
| Cough Syrup | Robitussin  Mucinex (Guaifenesin)  Robitussin DM  Delsym  Honey (a spoonful at bedtime)  **AVOID:**  Decongestants like medications containing Pseudoephedrine (Sudafed) are not recommended before 16 weeks. Also, they should be used with caution in the 3rd trimester because they can increase your blood pressure. |
| Allergy | Claritin (loratadine)  Zyrtec (cetirizine)  Benadryl (diphenhydramine)  Allegra (fexofenadine)  Nose strips to help open nasal passages  Steroid nasal sprays (Nasonex, Flonase, etc) |
| Headaches | Acetaminophen/Tylenol (regular or extra strength): **DO not exceed 4000mg in 24 hours**  Aspirin- Free Excedrin  Cold compress  Try a caffeinated beverage  **WWSD Suggestions:**  Try neck/upper back massage since many headaches are tension type and can be eased away with manual therapy.  Try Peppermint or Lavender essential oils to temples! |
| Sore Throat | Tylenol/acetaminophen (regular or extra strength)  Throat lozenges (Cepacol, Halls, Sucrets etc)  Gargle with warm salt water (do not swallow)  Spray that includes (benzocaine, phenol) to numb the throat (like Chlorasceptic)  Honey  An antihistamine may help, too, because sometimes the sore throat is from post nasal drip. |
| Nasal/Sinus Congestion | Saline nose spray  Use a humidifier to add moisture to air  Vick Vapor Rub/other menthol rub  Nose strips to help open nasal passages  Steroid nasal sprays (Nasonex, Flonase, etc)  Afrin (USE AFTER 1st Trimester, and limit to no longer than 48 hours of use-can cause a rebound stuffiness) |
| Heartburn | **Medication to neutralize Acid:**  Maalox  Mylanta  Alka Seltzer Heartburn Relief Chews  Rolaids  Tums  **Medication to reduce acid production (H2 Blockers):**  Famotidine (Pepcid AC)  Cimetidine (Tagament HB)  **Medications to block acid production + heal esophagus (Proton Pump Inhibitors):**  Lansoprazole (Prevacid)  Omeprazole (Prilosec)  **WWSD Suggestions:**  Try a wedge pillow (available on Amazon)  Elevate the head of your bed like risers (available on Amazon) |
| Diarrhea | Kaopectate  Imodium  BRATT DIET (Bananas, Apples, Rice, Toast, Tea)  Generally, we advise you to stay hydrated and let it run its course—BUT if going on more than a couple days, (more than 3 loose bowel movements in a day is the definition of diarrhea) please call the office (302)257-5372 |
| Laxative/Stool Softeners | Peri-Colace  Metamucil  Benefiber  Dulcolax  Citrucel  Miralax  Milk of Magnesia  Glycerin Suppositories  Fleet Enema  Increase Fiber-Rich Foods  Please drink at least 8 large glasses of water daily |
| Hemorrhoids | First, treat any constipation/hard bowel movements  Anusol HC  Preparation H  Tucks  Witch Hazel Spray/Pads  Ice diapers/pads  Ask us at appointment as we can refer you to surgeon for surgery AFTER pregnancy |
| Insomnia | Bedtime Routine  Benadryl  Tylenol PM  Unisom (doxylamine)  Melatonin  Relaxation Techniques |
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| Rashes/Scrapes or Cuts | Benadryl  Aveeno (Oatmeal Bath)  Hydrocortisone Cream  Bacitracin  Neomycin  Neosporin  Polymyxin B  Clean with soap and water (Scrapes or Cut)  Consider seeing PCP if you have a rash |
| Antibiotics | Please Check with your PCP or OBGYN before taking any RX Medication  Please contact the office at (302) 257-5372 |
| Herpes | Abreva (OTC)  Acyclovir (Need Doctor Script)  Famvir (Need Doctor Script)  Valtrex (Need Doctor Script) |
| Tooth Pain | Oragel  Tylenol (regular or extra strength)  Dentist appointment- Xray with abdominal shield, Novocaine without epinephrine are allowed |
| Vaccines, Etc | Flu Shot (at any time in pregnancy)  Hepatitis A/B  Tetanus (at 28 weeks)  Tuberculosis Test or PPD |
| Caffeine | 1 Cup of Coffee/Tea/Soda is okay with WWSD. (There is no proven safe amount of caffeine in pregnancy) |
| Head Lice/Scabies/Crabs | Permethrin Cream  NIX |
| Yeast infection (if you are SURE it is a yeast infection) | Monistat 7  Nystatin Cream  Nystatin Powder  Diflucan  Terazol  DO NOT DOUCHE |

Important Symptoms:

* Vaginal bleeding
* Sudden severe abdominal pain or severe menstrual cramps
* Persistent vomiting
* Chills or Fever of 100 or Higher
* A fall or are involved in a car crash of any severity
* New severe headache or changes in your vision
* New swelling of your face or hands
* A sudden gush of fluid or constant leaking of fluid from your vagina
* Pain or burning on urination
* Decreased Fetal Movement- Less than 10 baby movements in 2 hours after 26 weeks of pregnancy
* Premature Contractions (Pressure, Tightness, Cramping, Backache)- contractions 4-6 times in an hour prior to 37 weeks of pregnancy
* Term Contractions- contractions every 5 minutes or closer after 37 weeks of pregnancy