

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

Headaches and Minor Pain: Tylenol or Extra Strength Tylenol

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

Nasal Congestion: Sudafed (take as directed on package), Tylenol Sinus, Tavist Sinus, Claritin D, Chlortimeton 4 Hour

Runny Nose: Benadryl, Tavist, Claritin

Cold: Tylenol Cold     Flu: Tylenol Flu

Sore Throat: Chloraseptic spray, throat lozenge, war, saltwater gargles

Cough: Increase your water intake, Robitussin Expectorant, Robitussin DM, Cough drops

Heartburn and Indigestion: Gaviscon, Tums, Pepcid AC (1 in AM and 1 in PM), Maalox/Mylanta (30 mins before meals and bedtime)

Diarrhea: Imodium AD

Constipation: Increase your water intake; eat more fruit and bran products, Metamucil, Colace, Benefiber, Doxidan, Citrucel, Milk of Magnesia (MOM)

Hemorrhoids: Preparation H, Tucks Pads, Anusol

Difficulty Sleeping: Benadryl, Tylenol PM

Nausea: Dramamine, Emetrol, Vitamin B6 & ½ Unisom, Ginger capsules  
250 mg twice daily

Leg Cramps: 6-8 glass of water daily, Bananas, Tums

Yeast Infection: Monistat cream or store brand equivalent

\*\*If fever higher than 100.4 or if your symptoms get worse call the office\*\*