

TREATMENT FOR MINOR PROBLEMS DURING PREGNANCY

1. Abdominal Itching/Dry Skin
Sarna Cream, Aveeno's Soaks or Lotion, Calamine, Cortaid, Benadryl Cream.
2. Cold/Congestion
Increase fluids, saline nasal spray, cool mist humidifier, regular strength Tylenol (acetaminophen) 325mg #2 every 4 hours. Plain Claritin 10mg as directed on package on a limited basis. If you are more than 14 weeks pregnant, you may take Benadryl 12.5-25mg or Mucinex as directed on the package on a limited basis.
3. Constipation
Increase fruit and fiber in your diet. Try 2 tbs wheat germ sprinkled on bran cereal. Try Metamucil or Fibercon. Stool softeners like Colace daily. For a laxative during pregnancy, try Milk of Magnesia with warm prune juice called a "Brown Cow".
4. Cough
Honey and lemon juice mixture; 2tsp lemon juice in 1/2 cup warm water and add honey to thicken. 1-2 teaspoons every hour as needed. Robitussin DM or any cough drops like Halls, Ludens, Delsym or Robitussin cough drops. Follow package dose instructions.
5. Diarrhea
Limit your diet to clear liquids for 24 hours, or try Immodium AD.
6. Fever
Regular Strength Tylenol (Acetaminophen) see the dosage above under cold/congestion. Call the office if your temperature is above 100 degrees.
7. Gas
Eliminate gas producing foods from your diet. Maalox Antacid/Anti-Gas, Maalox Anti-gas EX, Gas-X (Simethicone) or Mylanta Gas.
8. Headache
Tylenol, rest, cold or warm (depending on your preference) compresses to your forehead.
9. Hemorrhoids
Avoid constipation (see #3 above); avoid straining with BM; Tucks pads or Tucks cream; ice pack; warm soaks in tub; sitz baths.
10. Indigestion
Eliminate spicy, fried foods from your diet. Tums, Maalox, Mylanta or Zantac. You may want to elevate your head on pillows or lie on your right side immediately after you eat for a short while.
11. Leg Cramps
Eat foods rich in Calcium and Potassium. Try Maalox.
12. Morning Sickness/Nausea
Follow Anti-Nausea Diet handout. Emetrol or Vitamin B6 50 to 100mg twice a day. Call the office if the problem is unresolved.
13. Poison Oak/Poison Ivy
Avoid scratching and use good hand washing. Try Calamine lotion or Cortaid. If you are more than 14 weeks pregnant, you may take Benadryl by mouth.
14. Seasonal Allergies
If you are more than 14 weeks pregnant, you may take Benadryl (see dosage above under cold/congestion) by mouth on a limited basis. If you are less than 14 weeks pregnant, use saline nasal spray, a cool mist humidifier, or plain Claritin.
15. Sore Throat
Warm salt water gargles, Chloraseptic lozenges/sprays may help. Tylenol for discomfort. If it lasts longer than 3 days, call the office.
16. Swelling
Decrease the salty foods and eliminate sodas from your diet. Rest with your legs elevated. Add more water to your diet. Call the office if your weight gain is more than 2 pounds a week.
17. Yeast Infection
It is OK to use Monistat-3, Femstat, or Gynelotrimin during pregnancy for vaginal yeast infections.
18. Fever Blisters
Abreva
19. Sleep Difficulties
Unison or Tylenol PM (after 14 weeks)

****ALWAYS FOLLOW DOSAGE INSTRUCTIONS FOUND ON MEDICATION CONTAINER****