



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 325mg 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 12.5mg-25mg or Mucinex as directed on the package on a limited basis.
3. Constipation
 - Increase fiber & fruit in your diet. 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; 2 tsp lemon juice in ½ cup warm water and add honey to thicken. 1-2 tsp every hour as needed.
 - Robitussin DM cough syrup; Follow directions on the package
 - Any cough drops. Follow directions on the package
5. Diarrhea
 - Limit your diet to clear fluids for 24 hours.
 - Try Immodium AD
6. Fever
 - Regular strength Tylenol 325mg every 4 hours.
 - Call the office if above 100 degrees
7. Gas
 - Eliminate gas producing foods from your diet
 - Maalox Anti gas, Gas X (Simethicone) or Mylanta Gas
8. Headache
 - Tylenol, rest, cold or warm (depends on your preference) compress to the forehead

9. Hemorrhoids
 - Avoid constipation; avoid straining with BM
 - Tucks pads or Tucks cream, warm soaks in tub; sitz bath
10. Indigestion
 - Eliminate spicy & fried foods from your diet. Elevate your head on pillows or lie on your right side immediately after you eat for a short while.
 - Tums, Maalox, Mylanta
11. Leg Cramps
 - Eat foods rich in calcium and potassium
12. Morning Sickness/Nausea
 - Follow Anti-Nausea diet handout.
 - Emetrol or Vitamin B6 50mg to 100mg twice daily.
 - Call the office if it is unresolved.
13. Poison Oak/Poison Ivy
 - Avoid scratching and use good handwashing
 - Calamine lotion or Cortaid
 - More than 14 weeks, you may take Benadryl by mouth
14. Seasonal Allergies
 - Less than 14 weeks pregnant use Saline nasal spray, cool mist humidifier or plain Claritin
 - More than 14 weeks pregnant use Benadryl by mouth on a limited basis.
15. Sore Throat
 - Warm salt gargles
 - Chloraseptic lozenges/spray. Tylenol for discomfort
 - If lasts longer than 3 days, call the office
16. Swelling
 - Decrease salty foods and eliminate sodas from your diet
 - Drink more water
 - Rest with your legs elevated
 - Call the office if you weight gain is more than 2lbs a week.
17. Yeast Infection
 - Ok to use Monistat-3, Femstat or Gynelotrimin during pregnancy for yeast infections
18. Fever Blisters
 - Abreva
19. Sleep Difficulties
 - Unisom or Tylenol PM (after 14 weeks)

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