

Medication and Remedies for Common Illnesses during Pregnancy

Before 13th weeks gestation, only use Tylenol as needed

Visit your doctor for a more severe problem

Patients pregnant more than 20 weeks and complaining of vaginal bleeding or crampy like menstrual pain should be directed to L&D. Light spotting can be seen in the office.

Constipation	Colace, Dulcolax supp. Or Fleet enema
Cough	Robittusin or Robitussin DM
Dental visit	give her the dental ok form from the office
Diarrhea	Kaopectate, apple sauce or Imodium AD
Dry up the milk	Ace wrap with ice on breasts, takes 3 days. Birth control pills may help
Dye hair	after first trimester
Exercise	as before pregnancy or walk 30 min a day
Fever less than 101	Tylenol
Flu shot	recommended with PCP or local pharmacy
Gas pain	Mylicon and avoid gassy food
Gum Bleeding	check with dentist for gum disease soon
headache	Tylenol
Heartburn	Tums or Roloids
Hemorrhoids	Prep H or Anusol HC
Nausea	Emetrol OTC syrup, Ginger tea
Nose Bleed	Humidifier and Saline nasal spray
Sore throat	Tylenol, Halls or Cepacol Lozenges
Stuffy nose/sinus	Sudafed for no more than 3 days
TB test	ok
UTI	needs testing before prescribing
Vag yeast infection	Monistat, gyne-lotrimin