

**SAFE MEDICATIONS IN PREGNANCY AND BREASTFEEDING
SOUTH DENVER MIDWIVES**

PROBLEM	OVER THE COUNTER MEDICATIONS (use as directed on label)	ALTERNATIVE MEASURES
Allergies Colds Nasal Congestion	Benadryl (Diphenhydramine), Claritin, Claritin-D or Zyrtec (cetirizine) Sudafed (pseudoephedrine) = DO NOT USE IN 1ST 12 WEEKS OF PREGNANCY OR BREASTFEEDING	Avoid aggravating factors Ocean Spray (Saline) Vicks (Metholatum) Vaporizer/Humidifier
Back Pain	Tylenol (Acetaminophen)	Heat or Cold, massage, acupuncture, Chiropractor, maternity belt for back support, shoes with arch support, limits on lifting, sleep on side with pillow between legs, back stretches
Bloating/Gas	Gas-X (Simethicone)	Avoid gas causing foods
Constipation	Stool Softener such as Colace (Docusate) Fiber: Senokot, Dulcolax, Metamucil, Fibercon, Citrucel, Konsyl Milk of Magnesia Fleets Enema, Glycerine suppository	Increase fluid intake (64 to 96 oz per day) Prunes or prune juice daily, increase diet fiber (fruits & Veggies), regular exercise
Cough	Robitussin DM, Vicks 44 (Dextromethorpan)	
Diarrhea	Imodium AD, Kaopectate **NO PEPTO-DISMOL**	Usually best to let it run its course, clear liquid diet for 24 to 48 hrs, Gatorade, BRAT diet (bananas, rice, applesauce, toast)
Fever (100.4F)	Tylenol (Acetaminophen)	Cool Compresses, increase fluid intake
Headache	Tylenol (Acetaminophen)	Increase fluids, Rest, Stress reduction, massage, acupuncture, Chiropractor, Warm compress with lavender oil
Heartburn Indigestion	Tums, Roloids, Maalox, Mylanta Tagamet HB (Cimetidine) Zantac (Ranitidine), Pepcid AC (Famotidine) Prilosec (Omeprazole)	Frequent small meals, decrease fat intake, Wait to lie down after eating at least 30 min. Pineapple (fresh or frozen), Raw almonds, Papaya tablets, 1 Tablespoon of Apple Cider Vinegar with a chaser of one glass water
Hemorrhoids	Preparation H, Anusol HC, Tucks Pads Stool softeners (Docusate (Colace)) Mothers Love (Rhoïd Balm)	Avoid constipation and staining, Increase Fiber & Fluids, Sitz baths, Ice packs,
Insomnia	Benadryl (Diphenhydramine) Tylenol PM (Acetaminophen & Diphenhydramine) Unisom (Doxylamine Succinate)	Warm baths, passion flower (tea), essential oil (Lavender), deep breathing, daily exercise and avoid caffeine
Leg Cramps	Calcium 1000mg at bedtime, Magnesium lactate or Citrate 5mmol in AM & mmol in PM	Avoid pointing toes, flex foot and elevate when cramping, increase fluids, hot shower or warm bath
Ligament pain	Tylenol (acetaminophen)	Maternity belt
Nausea & Vomiting	Unisom (Doxylamine Succinate) – ½ tab in AM and 1 tab in PM, Vitamin B6 50mg 3 times a day Tums, Roloids	Peppermint or Ginger tea or candy, sip ginger ale, Sea Bands (acupressure), Acupuncture, Toast or crackers before getting out of bed
Sore Throat	Tylenol (Acetaminophen), throat lozenges	Warm saline gargles, increase fluid
Swelling	Vitamin B6 50-100 mg per day	Lemon juice, watermelon, strawberries, cucumber, increase water intake, swimming Decrease salt intake, compression stockings

**CALL A MIDWIFE IF ANY OF THE ABOVE PROBLEMS ARE SEVERE
OR CONTINUE TREATMENT ATTEMPTS**

Phone: 303.738.1100