

SAFE MEDICATIONS IN PREGNANCY AND BREASTFEEDING: SOUTH DENVER OB/GYN AND MIDWIVES

<i>Problem</i>	<i>Over the Counter Medications</i>	<i>Alternative Measures</i>
<i>Allergies Colds Nasal Congestion</i>	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,
<i>Back Pain</i>	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
<i>Bloating Gas</i>	Gas-X (Simethicone)	Avoid gas causing foods
<i>Constipation</i>	Stool Softener such as Colace (Docusate) Fiber: Senokot, Dulcolax, Metamucil, Fibercon, Citrucel, Konsyl Milk of Magnesia Fleets Enema Glycerin suppository	Increase fluid intake (64 to 96 oz per day), Prunes or prune juice daily, Increase diet fiber (fruits & Veggies), Regular exercise
<i>Cough</i>	Robitussin DM, Vicks 44 (Dextromethorpan)	
<i>Diarrhea</i>	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)
<i>Fever 100.4°F</i>	Tylenol (Acetaminophen)	Cool Compresses, increase fluid intake

<i>Headache</i>	Tylenol (Acetaminophen)	Increase fluids, Rest, Stress reduction, massage, acupuncture, Chiropractor, Warm compress with lavender oil
<i>Heartburn Indigestion</i>	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
<i>Hemorrhoids</i>	Preparation H, Anusol HC, Tucks Pads Stool softeners (Docusate (Colace)) Mothers Love (Rhoil Balm)	Avoid constipation and staining, Increase Fiber & Fluids, Sitz baths, Ice packs,
<i>Insomnia</i>	Benadryl (Diphenhydramine) Tylenol PM (Acetaminophen & Diphenhydramine) Unisom (Doxylamine Succinate)	Warm baths, passion flower (tea), essential oil (Lavender), deep breathing, daily exercise and avoid caffeine
<i>Leg Cramps</i>	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
<i>Ligament pain</i>	Tylenol (acetaminophen)	Maternity belt
<i>Nausea & Vomiting</i>	Unisom (Doxylamine Succinate) - 1 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
<i>Sore Throat</i>	Tylenol (Acetaminophen), throat lozenges	Warm saline gargles, increase fluid
<i>Swelling</i>	Vitamin B6 50-100 mg per day	Lemon juice, watermelon, strawberries, cucumber, increase water intake, swimming Decrease salt intake, compression stockings

CALL US IF ANY OF THE ABOVE PROBLEMS ARE SEVERE
OR CONTINUE DESPITE TREATMENT ATTEMPTS

Phone: 303. 738.1100