

## **ILLNESS DURING PREGNANCY REMEDIES AND MEDICINES**

Many women can get mild illnesses during pregnancy. First try to treat your illness without taking medicine. It is best to avoid all medications the first 12 weeks of pregnancy. Here are some remedies to try and if necessary over the counter treatments you can take.

### **Colds:**

- *Get plenty of rest. Drink lots of fluids. Wash your hands a lot.*
- *Use a saline nasal spray during the day and rub Vicks on your chest and on your throat before you go to bed at night to clear your stuffy nose.*
- *Gargle with warm salt water and drink honey with lemon for a sore throat.*
- *Rub a little Vaseline inside your nose to keep it from chapping.*

**Robitussin (guaifenesin)** 1-2 teaspoons every 4-6 hours as needed. This is a cough expectorant. It will help clear mucous from your chest or throat.

**Robitussin DM** 1-2 teaspoons every 4-6 hours as needed. This is a cough suppressant. It will help stop your cough.

**Throat lozenges** Ricola, Chloraseptic, Halls, Celestial Seasonings - to soothe a sore throat.

### **Allergies:**

- *Try the home remedies listed under "colds".*

**Chlortrimeton (chlorpheniramine)** 4 mg. every 4-6 hours as needed or 8-12 mg. extended release every 8-12 hours as needed. Follow package instructions.

**Benadryl (diphenhydramine)** 12.5-25 mg. every 6 hours as needed.

**Claritin (Loratadine)** 10 mgm once a day.

### **Headaches or fever:**

- *Drink plenty of water – at least 6-8 big glasses a day.*
- *Eat small amounts all day long instead of 3 big meals – to avoid low blood sugar.*
- *Get someone to massage your neck and shoulders for you.*

**Tylenol (acetaminophen)** 325-1000 mg. every 4-6 hours as needed.

### **Heartburn:**

- *Eat 5-6 small meals a day and do not lie down right after eating.*

**DO NOT TAKE**  
ibuprofen (**Motrin**),  
naproxen (**Aleve**), or  
aspirin.

**DO NOT TAKE**  
antacids that have  
aspirin (**Alka-Seltzer**,  
**Pepto-Bismol**) or  
soda bicarbonate  
(baking soda).

- *Avoid foods that are acidic (like tomatoes, fruit drinks, spicy foods, fried foods).*
- *Try chewing gum after eating. If you need an antacid, take a chewable tablet that has calcium.*

**Tums, liquid Maalox, liquid Mylanta** follow instructions.

**Zantac** 150 mg one tablet 1-2 times a day.

**Yeast Infections:**

- *Do not douche.*

**Clotrimazole (Gyne-Lotrimin)** or **miconazole (Monistat)** vaginal cream. Follow instructions.

**Constipation:**

- *Drink more fluids – at least 6 big glasses of water a day is best.*
- *Eat lots of fruit and vegetables for bulk.*

**Metamucil (psyllium)** and **Benefiber** are fiber supplements that promote regularity and soften stools. Follow instructions.

**Docusate sodium** 100 mg a day.

<p><b>DO NOT TAKE</b> mineral oil, or <b>Senokot</b></p>
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**Diarrhea:**

- *Drink lots of clear liquids.*
- *If you have diarrhea for more than one day, call your healthcare provider.*

**Kaopectate** and **Imodium** follow instructions.

If you are having problems with an illness please call your clinic. If you have any questions about any other medications please call your clinic.

For emergencies please call OB Triage and ask to speak with the midwife on call 272-2460.