

## **PREGNANCY MEDICAL REFERENCE SHEET**

All obstetricians would agree that it is preferable for pregnant women to refrain from taking medication of any kind. We have, however, developed the following list of medications that are perfectly safe to take during your pregnancy. All medications are non-prescription.

### Cold and flu symptoms:

- Chlor-Trimeton 4 mg tablets, or Sudafed tablets for nasal congestion.
- Robitussin plain during the day, DM at night
- Afrin nasal spray
- Tylenol, 2 tablets every 4 hours
- Throat lozenges and cough drops as needed
- Cool mist vaporizer may be helpful

### Constipation:

- Drink increased amounts of water (8-8 oz glasses per day) and fruit juice
- Add or increase your dietary fiber
- Metamucil, 1 Tbsp in glass of juice daily
- Colace twice a day

### Diarrhea:

- Diet to include bananas, rice, applesauce, tapioca.
- Kaopectate according to label instructions

### Emesis (Vomiting):

- Clear liquids for 6-8 hours (Jello, popsicles, Gatorade)
- Gradually increase diet as tolerable
- Avoid greasy, fatty or fried foods

### Headaches:

- Plain Tylenol, 2 tablets every 4 hours as necessary

### Heartburn:

- Tums, Rolaids or Mylanta

## HARBOUR WOMEN'S HEALTH



### Hemorrhoids:

- Anusol HC suppositories, according to package directions
- Using Tucks wipes instead of toilet tissue
- Sitz baths 4 times per day

### Leg Cramps:

- Make sure your calcium intake is adequate (4-8 oz servings)
- Elevate your legs as much as possible
- Eating a banana daily may help

### Nausea:

- Small frequent meals (keeping something in your stomach at all times)
- Bread, rice, pasta and mashed potatoes may help
- Emetrol liquid according to label instructions

### Low backache:

- Use pillows under knees at night, to take pressure off lower back
- Warm moist heat as needed
- Pelvic rocking
- Consider taking the prenatal exercise class

### Sore Throat:

- Cough drops, throat lozenges, Chloroseptic spray

*If, after 24 hours, you don't feel appreciably better, please call the office for further instructions.*