



KINGWOOD

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Medication Guidelines for Pregnancy

Below are items we recommend for problems you may have during your pregnancy. This is a general list but should you have specific questions or concerns, please consult with your provider.

Cold Symptoms/Headaches:

Actifed, Benadryl, Sudafed, Tylenol Sinus, Tylenol, Acetaminphen, Robitussin DM (dextromethorphan), Robitussin CF (guaifenisen), Phenylephrine, Cepacol, Chloraseptic Lozenges (DO NOT use Aspirin or Advil, Motrin, Ibuprofen)

Diarrhea:

Imodium. Avoid dairy products. Drink plenty of fluids, especially clear liquids. Eat bananas and drink orange juice to increase potassium levels.

Indigestion:

Mylanta, Maalox, Tums, Zantac, Pepcid

Gas:

GasX, Phazyme

Constipation:

Colace, Surfak, Milk or Magnesia, Senekot

Hemorrhoids:

Anusol HC, Tucks, Preparation H

Leg Cramps:

Exercise calf and thigh muscles – stretch 3x/day. Increase water, calcium and potassium intake.

Allergic Reactions:

Benadryl, Claritin

Nausea and/or Vomiting:

Eat small, frequent meals. Eat a high protein snack prior to bedtime. Eat some crackers before getting out of bed. If you get up in the middle of the night, eat a snack. Try ginger ale, ginger tea. Try herbal remedies i.e. morning sickness magic tea, B-natal pops (contain pyridoxine)

You may take Pyridoxine (Vitamin B6) 25mg with breakfast, lunch and at bedtime (total daily dose does not exceed 75mg) OR Doxylamine (Unisom) ½ tablet with breakfast and lunch, then 1 tablet (25mg) at bedtime

Backache:

Apply heating pad, Tylenol. Also consider a maternity belt if over 20 weeks pregnant. If pain persists, call the office.

Round Ligament Pain (Stretching or Pulling Sensation):

Take it easy. No heavy lifting or house cleaning. Elevate your feet whenever possible.

Sleep:

Tylenol PM, Melatonin, Simply Sleep, Benadryl, Unisom

Swelling:

Decrease salt intake, especially in processed foods. Keep feet elevated if swelling is there

Medication Guidelines for Breastfeeding

Cold Symptoms

- Sudafed or Actifed
- Sucrets or Chloraseptic Lozenges
- Robitussin for cough
- Tylenol, Tylenol extra strength
- Ibuprofen, Advil, Motrin
- Claritin
- **No Benadryl** (diphenhydramine)

Headaches/Discomfort

- Tylenol, Tylenol extra strength
- Ibuprofen, Advil, Motrin

Constipation

- Increased fluids(6-8 glasses of water)
- Eat high roughage foods(fresh fruits, vegetables, and bran)
- FiberCon, Metamucil
- Senokot, Surfak, Colace

Backache

- Pelvic tilts
- Apply heat
- Tylenol, Tylenol extra strength
- Ibuprofen, Advil, Motrin, Aleve
- Rest

Diarrhea

- Imodium A-D
- **No Kaopectate or Pepto Bismol**

Indigestion/Gas

- Eat small frequent meals
- Keep body upright for approximately 30 minutes following meals
- Mylanta, Maalox, Tums (liquid or chewable)
- Mylicon chewable tablets
- GasX, Phazyme

Nausea/Vomiting

- Hot tea, crackers, Sprite, Gatorade, Ginger Ale
- Vitamin B6 (50-100mg daily)

Cramping

- Pelvic tilts
- Apply heat
- Tylenol, Tylenol extra strength
- Ibuprofen, Advil, Motrin, Aleve
- Rest

Swelling

- Decrease salt intake (pork, chips, Mexican food, food from cans, bags or boxes)

Acid Reflux

- Pepcid
- Zantac