

# Approved Medications for Personalized Women's Healthcare

## Safe Remedies of Common Medical Symptoms in Pregnancy

Please note, the content on this page is not intended to be a substitute for professional medical advice, diagnosis or treatment.

Symptom	Remedy
Allergies	You may take Benadryl, Claritin, Alavert, Loratadine, or Zyrtec, or currently prescribed nasal sprays.
Backache	You may experience backaches due to the added weight gain from your pregnancy. But that isn't the only reason your back may hurt. As your womb grows, your pelvic bone joints relax, which can also cause pain in your lower back. Comfortable shoes may help a little, good posture may help too, but exercise will probably relieve your backache more than anything else. Strong muscles can take more stress without hurting. Develop a routine of back exercises every day from the beginning of your pregnancy. There are many good books available about exercising and pregnancy. A heating pad on medium heat four times per day for 15 minutes may help with the pain. Try to avoid heavy lifting and if necessary, wear a maternity belt. Physical therapy, pregnancy massage, Tylenol, seeing a chiropractor may also be beneficial, as is sitting in a swimming pool.
Constipation	Constipation is a common complaint of pregnant women. Drink 8-10 8 oz. glasses of water daily. Increase your dietary fiber intake by eating plenty of fruits and raw vegetables. You can also add a fiber

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	<p>supplement such as Benefiber, Metamucil, or Fiber Choice daily. Exercise every day. Docusate sodium (Colace), a stool softener, is fine to use as necessary.</p>
<b>Cough, Colds, Flu</b>	<p>For fever/aches you may use up to 2000 mg of Tylenol per day (in divided doses). For congestion first try inhaling steam or saline nasal spray. If these are not helpful you may try the allergy medications listed above. For cough you may use Robitussin (plain) or Mucinex. Cough drops can also be helpful. Increase your water intake and rest.</p>
<b>Diarrhea</b>	<p>Increase clear fluids to avoid dehydration. Suggested clear liquids include water, soft drinks without caffeine, weak tea, Gatorade, Jell-O, or popsicles. Avoid milk products &amp; spicy or greasy foods. Try the BRAT diet: Bananas, Rice, Applesauce and Toast. Take Imodium AD as directed on package.</p>
<b>Fever</b>	<p>You may take Tylenol (up to 2000 mg per day in divided doses). Call the office if temperature is over 100.4°F and cannot be lowered with Tylenol.</p>
<b>Gas</b>	<p>Use Mylicon, Mylanta Gas, or Gas X. Be warned, however, that flatulence is a natural part of being pregnant and is not necessarily preventable.</p>

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<b>Headache</b>	Headaches are fairly common during pregnancy and usually are not a sign of a serious problem. How often they occur and how bad they are may vary. If headache is severe or if it is associated with blurry vision or spots in front of your eyes, fever, excessive nausea or vomiting, call the office. You may take Tylenol (up to 2000 mg per day in divided doses). Discuss with your obstetrician what medications you can use for your headache if Tylenol is not sufficient.
<b>Heartburn</b>	Heartburn is another common complaint of pregnant women. It is alright to use antacid preparations but do not use sodium bicarbonate preparations for your heartburn – for example, Pepto Bismol is not recommended. Prilosec, Tums, Roloids, Maalox, Mylanta, Zantac75 and Pepcid AC are fine. Eat small, frequent, bland meals. Avoid greasy and spicy foods. Remain sitting up (try not to recline or lie down) for 2 hours after meals. In severe cases of heartburn, you might want to elevate the head of your bed. (Add 4” of books beneath the head posts to elevate the head of the bed temporarily or prop yourself with pillows).
<b>Hemorrhoids</b>	Prevention is the key! In particular, try and avoid constipation, straining, and prolonged periods of sitting. Anusol HC, Preparation H, witch hazel, and/or Tucks Medicated pads can be used for the temporary relief of external itching, burning and irritation associated with hemorrhoids.
<b>Itching</b>	You may take Benadryl (as directed on package)

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<b>Leg Cramps</b>	Leg cramping may increase in the second and third trimesters. Try stretching your legs before you go to bed and consider increasing calcium intake (eat more dairy foods or use a supplement) as well as water intake.
<b>Nausea &amp; Vomiting</b>	Nausea and vomiting usually resolves by around 12-14 weeks of pregnancy. It may be worse in the morning but unless it is excessive or interferes with adequate food retention, should not be cause for alarm. It is best to eat smaller, more frequent meals. Eat bland foods, such as toast or crackers. When you first get up in the morning avoid greasy, fried, highly acidic and spicy foods. Try to increase fluid intake to stay hydrated. Safe over-the-counter options include Vitamin B6 (25 mg up to three times a day), B-Natal Pops, Emetrol, ginger capsules, Unisom, or Seabands (acupressure wristbands). If the nausea and vomiting persists or you are unable to keep any food or liquid down, call us. Sometimes, prescription medication or intravenous hydration is necessary.
<b>Skin Irritation</b>	Calamine lotion, hydrocortisone lotion, Neosporin ointment.
<b>Sore Throat</b>	Any cough drops or lozenges, or Tylenol (as directed on package)
<b>Spotting</b>	In this case it is best to call the office.

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<b>Urinary Tract Infection (UTI)</b>	We recommend drinking at least 8 glasses of water a day to reduce your chance of getting a UTI. Do not hold your urine for long durations. Call the office if you have burning with urination, urinary frequency increases or if you notice blood in your urine.
<b>Yeast Infection</b>	Yeast is one of the common conditions that causes whitish vaginal discharge and itching & redness of the vulvar and vaginal areas. Monistat is safe in pregnancy – however, only insert the applicator halfway. The symptoms should improve in several days. If the symptoms do not respond to Monistat treatment, call the office to schedule an appointment.

### Types of Unrestricted Activities:

- Exercise
- Intercourse
- Hair color
- Flu shots
- Hot baths
- Travel up to 36 weeks of pregnancy
- Dental visits and dental work
- Painting with adequate ventilation
- Using household cleaning products
- Manicure/Pedicure

# Labor Warnings

Expectant mothers often wonder if they will know when the contractions they feel are the “Real thing”. There is no way to convey with any certainty when to go to Labor and Delivery, but in general, if it is the “Real thing” you will have no doubt.

If any of the following things happen to you, your condition should be evaluated.

- When contractions occur firmly, with five minutes from the start of one contraction to the start of the next and when they have been present for at least one hour.
- When your water breaks. This is usually associated with a large amount of fluid released from the vagina. This can only be confirmed or refuted in a medical setting and not over the phone.
- When you have heavy vaginal bleeding. Often when you begin having contractions, you will have a mucus discharge with some bloody mucus. This is not a cause for concern.

If any of these events occur during office hours, call **972.473.2020**.

**After office hours please call:**

Presbyterian Hospital of Plano Labor and Delivery **972.981.8383**.

Baylor Medical Center at Frisco **214.407.5510**.