



Piedmont Healthcare Women's Center

1804 Davie Avenue
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(704) 873-7250

Minor Illnesses and Medications in Pregnancy

Fever

Tylenol or Extra Strength Tylenol - take 1-2 tablets every 4-6hrs not to exceed 4 grams a day.

Cold/Flu

Tylenol products
Sudafed, Actifed (after 12 weeks of pregnancy)

Cough

Tylenol products
Robitussin and Robitussin-DM
Over the counter sore throat lozenges or throat spray such as Chloraseptic or Cepacol
Delsym

Any persistent respiratory tract infection, especially associated with a productive cough or high fever (greater than 100.4) may indicate a bacterial infection and you should notify our office.

Allergies

Benadryl, Claritin, Zyrtec, Allegra

Stuffy nose

Afrin nasal spray, Ocean spray nose
Neti Pot
Humidifier

Headache

Tylenol products

If headaches do not resolve and become severe, are associated with vision changes or upper abdominal pain, please call office.

Indigestion

Zantac, Maalox, Tums, Mylanta, Rolaids - as directed on label.
Prevacid, Prilosec, Dexilant
Avoid spicy and highly seasoned foods because these may aggravate symptoms.

Diarrhea

Kaopectate or Immodium - use as directed on label
Switch to clear liquid diet

Constipation

Metamucil, Citracel, Colace, Milk of Magnesia
Increase fluids and fiber in the diet

Hemorrhoids

Anusol, Tucks Pads, Preparation H

Urinary Frequency

Drink plenty of fluids, juices, especially cranberry - avoid caffeinated beverages such as soda, coffee or tea.

If you have pain with urination, fevers or chills, call the office.

Swelling

Elevate feet

Increase fluid intake

Decrease salt intake

Nosebleeds

Common in pregnancy due to increase in blood volume

Apply pressure to the nose with cold compress. If bleeding does not stop, call the office.

Anemia

Common in pregnancy

Over the counter iron tablets are safe such as Ferrous Sulfate, Slow Fe or Hemcycote F

Nausea/Vomiting

Common in pregnancy, especially during the first trimester. After the first 3-4 months of pregnancy, it should subside.

Eat frequent small meals

Avoid eating and drinking at the same time - instead sip in between meals

Avoid greasy and spicy foods

Try crackers, toast, potatoes, and cereal to help digest food

Over the counter medications such as Emetrol, Vitamin B6 and ginger tablets

Prescribed medications such as Zofran and Phenegan can help

Leg Cramps

Common in pregnancy (especially at night)

May be helped by increasing calcium and potassium in your diet such as spinach, dairy products, calcium tablets and bananas.

Varicose veins

Elevate legs

Compression stockings

Vaginal discharge

Common during pregnancy - but if it becomes itchy or has a foul odor call the office

Poison Ivy

Hydrocortisone cream

Caffeine

No more than 16 ounces of caffeine a day

Sugar substitutes (Stevia and Splenda)

okay if used in moderation