A white background with pink lines and a person silhouette

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**OVER-THE-COUNTER MEDICATIONS**

**FOR COMMON COMPLAINTS DURING PREGNANCY**

* ALLERGIES: Nasonex, Claritin, Benadryl, Allegra
* CONGESTION: Benadryl 25mg, Mucinex, Tylenol Cold, Tylenol PM, Alka Seltzer Cold/Sinus
* CONSTIPATION: Magnesium Citrate 250mg daily, Docusate or Colace 2 tablets daily, senna, miralax
* COUGH: Robitussin (avoid DM), cough drops
* DIARRHEA: Imodium AD
* GAS: Simethicone, gas-X
* HEADACHES: Magnesium glycinate powder 400mg before bed, acetaminophen (Tylenol), sugar-free Gatorade or electrolyte supplement daily
* HEARTBURN/ACID REFLUX: Maalox, Tums, Pepcid AC
* HEMORRHOIDS: Alternate every time you go to the bathroom with 1% hydrocortisone cream and Preparation H. Use Tucks pad to wipe
* INSOMNIA: Magnesium glycinate powder 400mg before bed, Benadryl 25mg, Unisom, melatonin 5mg dissolvable tablets
* NAUSEA/VOMITING: See page 2 - Unisom (25mg at bedtime) with Vitamin B6 (50mg at bedtime)
* PAIN: Icy Hot, Voltaren cream, acetaminophen (Tylenol)
* SKIN IRRITATIONS (sunburn, insect bites, etc.): Benadryl cream, Calamine or Caladryl lotion, aloe vera, hydrocortisone 1% cream

**UNSAFE MEDICATIONS DURING PREGNANCY**

***Do not take any medications without first consulting with your doctor***

* NSAIDs: Advil, ibuprofen, Motrin, Aleve, naproxen, etc.
  + - Commonly found in cold/flu medicines (Dayquil and Nyquil for example) so read the label
* RETIN A/RETINOL
* PEPTO-BISMOL
* ANTIBIOTICS such as ciprofloxacin, doxycycline, and Levaquin

**MORNING SICKNESS**

A rapid rise in estrogen at the beginning of pregnancy can cause daily nausea and vomiting. This is referred to as “morning sickness.” It usually subsides by the end of the first trimester (13-14 weeks).

Ways to help prevent morning sickness include:

* Eat crackers (or other bland starch) before going to bed and first thing in the morning
* Eat small, frequent meals (6-7 per day) instead of three large meals to avoid an empty stomach
* Avoid fatty, greasy, and spicy foods
* Avoid foods that have a strong smell
* Ask someone to cook your meals if smells bother you
* Drink mint or ginger teas throughout the day
* Add ginger to your foods or chew on ginger sticks throughout the day
* Chew on peppermint sticks or candies
* Acupuncture and/or nausea pressure point bands on the wrists or ears might help
* Try a gummy vitamin or prenatal vitamins that DO NOT contain iron
* Iron can worsen symptoms
* Take Unisom (25mg at bedtime) with Vitamin B6 (50mg at bedtime) to prevent nausea the next day
* Take tums before and after meals as heartburn can worsen morning sickness
* Talk to your doctor about what other medications may be helpful for your morning sickness