



Wise Health System

Women and Children's Services

Discomforts of Pregnancy

Safe Medications and Remedies

Sore throat	Chloraseptic®, Tylenol®
Cold & flu-like symptoms	Tylenol®, Actifed®, Tylenol Cold®, Sudafed®, Benadryl®, Robitussin®, Triaminic®
Nasal congestion	OCEAN® nasal spray, Robitussin®, vaporizer
Headache	Alternate warm and cold compresses, Tylenol®, rest, relaxation, massage, do not use Advil® or Aspirin® while pregnant
Cough	Robitussin®, cough drops
Diarrhea	Increase clear fluids, avoid milk products, BRAT diet (bananas, rice, applesauce, toast), avoid spicy and greasy foods, Kaopectate®, Immodium®
Constipation	Increase fiber, bran cereal or fiber supplements, increase fluid intake, exercise, MiraLAX®, Metamucil®, Citrucel® or FiberCon®, stool softeners such as Colace® or Peri-Colace®, Senokot®, Milk of magnesia
Gas	Phayzyme®, Gas-X®
Yeast infection	Over the counter creams such as Monistat®
Nausea/vomiting	Small frequent meals, crackers, dry toast, hard candy, dry cereal, bland diet, avoid spicy, greasy food, Sea-Bands®, Emetrol®, Benadryl®, Vitamin B6
Varicose veins	Support hose put on prior to getting out of bed each day. Avoid standing or sitting for long periods, elevate legs.
Urinary Tract Infection (UTI)	If you feel you may have a UTI, call your doctor's office. You can usually prevent UTIs by drinking adequate amounts of water daily. Cranberry juice can help minimize your risk.
Spotting	Spotting is not uncommon, especially early and late in pregnancy. However, if you have any spotting, call your doctor's office or come to the hospital.
Heartburn	Avoid spicy or fried foods. Eat smaller, more frequent meals. Do not lie down within two hours of eating. TUMS®, Mylanta®, Maalox®, Riopan®, Mylicon®, Amphojel®, Roloids®, Pepcid®
Hemorrhoids	Try to avoid straining with bowel movements. Avoid constipation. Take warm sitz baths. Preparation H®, Anusol®, Nupercanal®, Tucks® pads
Back pain	Heat or ice, Tylenol®, massage, physical therapy and chiropractic adjustments as recommended by your physician. Get on your hands and knees on the floor with chest lowered.
Sciatic nerve pain	Pressure on your sciatic nerve may cause pain or numbness in your lower back and down one leg. Change positions, massage, stretching, physical therapy, Tylenol® or heating pad.
Dizzy spells	This can be normal change in blood flow. Lie down on your side and keep your head at the level of your heart. Mention this to your doctor if this happens often or if your vision is blurred. Always rise slowly from a laying or sitting position.
Leg cramps	For immediate relief, push your toes toward your head. Avoid pointing your toes. Eat foods high in calcium (milk, broccoli, raisins, cheese and green vegetables). Avoid high phosphorous foods (carbonated drinks and pre-packaged foods).
Ligament pain	This sudden sharp pain in the groin area is caused by the stretching of ligaments attached to the uterus. As the uterus grows, these ligaments must stretch a great deal. When you move suddenly, they can pull and cause a sharp pain. Move carefully and avoid sudden movements. Turn or roll over carefully. Soak in a warm bath. Bring your knees to your chest to relieve pressure on the ligaments.
Shortness of breath	Stand up straight. Sleep with extra pillows to prop up. Avoid laying flat on your back. This usually gets better near the end of pregnancy when the baby drops. Call your doctor or come to the hospital if it becomes severe.
Swollen feet/ankles	Drink adequate water. Elevate legs. Sleep on your side. Avoid crossing legs. Don't add salt to food. Decrease amount of caffeine intake.

Please call your doctor's office or Women and Infants Center (940-626-1229) if you have any questions.