

## **Medications & Guidelines for Common Pregnancy Concerns**

Pregnancy instructions and precautions including medications and foods which are safe for you to take during pregnancy.

### **Antibiotics**

- When prescribed by a dentist or family physician should be taken as directed.
- Tetracycline, doxycycline and Sulfa drugs should be avoided
- If your dentist or family physician have any questions, they should contact our office

### **Constipation**

- Colace, Citracel, Metamucil, Dicolax stool softener, Miralax
- Fiber laxatives (Fibercon, Perdiem), Milk of Magnesia
- Try bran cereal (dry raisin bran, bran buds)
- Green salad, spinach, prunes, raisins
- All raw fruits and vegetables
- Increase fluids (water, fruit juice)

### **Dental visits**

- Routine checkups are encouraged
- Dental x-rays are to be avoided unless absolutely necessary. If done the abdomen should be shielded
- Local anesthetics are preferred over Nitrous Oxide gas

### **Diarrhea**

- Imodium AD as directed
- Increase fluids- Gatorade, decaf tea, Pedialite
- BRAT diet (bananas, rice, apples, and toast)

### **Diarrhea continued:**

- Bland diet
- NO SPICY OR FRIED FOODS
- NO FRUITS OR VEGETABLES
- NO FRUIT JUICES OR CARBONATED BEVERAGES
- NO MILK OR MILK PRODUCTS

- NO PEPTO BISMOL

\*\*\*if you have tried all of the above and still have >10 stools in 24hrs, go to the Emergency depart if less than 16 weeks or go to Labor & delivery if greater than 16 weeks

### **Edema (fluid retention)**

- Decrease salt intake, increase water intake
- Avoid Chinese, Mexican, and Italian foods, seafood, cheese, deli food, and all processed foods
- Cranberry juice and melons are natural diuretics
- For foot edema elevate your legs above your waist line for 20 minutes at a time, several times a day
- Support pantyhose made especially for pregnancy may help

### **Headaches**

- Tylenol (plain or extra strength), Anacin 3, or Acetaminophen

### **Headaches continued:**

- NO ANTI-INFLAMMATORIES, ADVIL, NUPRIN, NAPROXEN OR ANY OTHER MEDICATION CONTAINING IBUPROFEN

### **Heartburn**

- Mylanta, Roloids, Riopan, Tums, Prilosec, Maalox, and Pepcid AC

### **Nausea**

- Dry toast (Melba toast), crackers, Lorna Doone cookies
- Sips of fluid which contain sugar. (Decaf or herbal tea, Gatorade, Kool-aid)

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- Carbonated drinks are discouraged- IF you prefer them allow them to sit and “flatten”
- Popsicles and Italian Ices
- Small frequent meals
- Avoid milk, milk products, greasy/ fried foods, and acidic foods (apples, oranges, tomatoes, lemons, lemon juice, etc.)
- Nosebleeds and bleeding gums are common
- Artificial sweeteners are okay in moderation
- Bug sprays are safe, including DEET
- NO SMOKING, DRINKING, OR DRUGS

### **Sinus congestion/flu like symptoms**

- Increase fluid intake and rest as much as possible.
- Sudafed (NOT during 1<sup>st</sup> trimester)
- Benadryl, Claritin, Robitussin (NONE containing alcohol)
- Sucrets or Cepacol throat lozenges
- Saline nasal spray and Nasalcrom (Cromalyn NA)

### **Traveling**

- Traveling within the United States by most means of transportation (car, bus plane and boat) if generally acceptable until approximately 30 weeks of gestation.
- If you are planning to travel after 30 weeks gestation please notify your physician.

### **Yeast infections**

- If you think that you have a yeast infection (thick white discharge, itching, or irritation) you may use over-the-counter yeast preparations as needed.
- If you have tried the above recommendations and still have symptoms, or if your discharge has a foul odor, please contact our office

### **Other concerns**