

# Mestemacher Clinic for Women

A Division of  
Memphis Obstetrics and Gynecological Association, P.C.

## ALLEVIATING DISCOMFORTS DURING PREGNANCY

General Treatments and Over-the-counter Medications

### NAUSEA AND VOMITING

#### **General Treatments:**

- Arise slowly in the morning.
- Eat a few crackers at bedtime and before rising in the morning.
- Avoid greasy or spicy foods.
- Eat more frequent but smaller meals (6 small meals vs 3 large meals per day)

#### **Medications:**

- Emetrol
- Vitamin B6 50mg, 3 times per day. (Stop taking prenatal vitamins or iron for a few days.)
- Snacking on BBQ chips may also help with nausea.

### HEARTBURN AND INDIGESTION

#### **General Treatments:**

- Eat more frequent by smaller meals.
- Do not lie flat, but prop your head up.
- Do not go to bed immediately after eating.

#### **Medications:**

- Liquid antacids work better than tablets.
- Riopan Plus, Mylanta II, Maalox, Tums, Roloids

### HEADACHES AND MILD PAIN

- 2 extra strength Tylenol every 4 hours
- Avoid Aspirin, Ibuprofen, and Aleve.

### CONGESTION

#### **General Treatments:**

- Cool air humidifier, rest, fluids. (Clean the humidifier daily with Lysol.)

#### **Medications:**

- Saline nasal drops
- To make your own: 1 cup warm water, ¼ tsp. salt, ¼ tsp. baking soda. Mix well.
- Use dropper or pour in spoon and snort.
- Most OTC decongestants can be used: Sudafed, Actifed, Dimetapp, and Robitussin.
- (Avoid Robitussin DF.)

### COUGH

- Robitussin DM, cough drops, throat lozenges

### DIARRHEA

#### **General Treatments:**

- Drink plenty of fluids, e.g. Gatorade.

#### **Medications:**

- Immodium AD, Kaopectate

### CONSTIPATION

#### **General Treatments:**

- Drink 8 glasses of water per day; stop taking iron tablets for 2-3 days.
- Eat bran, fruits, and vegetables.

#### **Medications:**

- Fibercon, Metamucil, Pericolace, Doxidan, Senekot S

*All medications taken during pregnancy should be used with caution and taken for the shortest period of time possible. Follow label instructions. This list is only a guideline, and not an endorsement of any product. Check with your physician for her complete list of medications to be used during your pregnancy.*