



- Pain, fever: Tylenol 650 mg. Every 4 hours as needed  
Ibuprofen (Advil, Nuprin) 600 mg. Every 6 hours with food.  
Occasional use is okay. Maximum three days in a row.  
*Do not use Ibuprofen before 12 weeks or after 32 weeks in any amount.*
- Nasal congestion, sinus congestion:  
Sudafed 30-60 mg. every 4-6 hours. Do Not Use in first trimester or during breastfeeding.  
Afrin 12 hour nasal spray at bedtime. Not more than three days in a row.  
Saline nasal spray.  
Any Tylenol product (i.e., Tylenol cold, etc.)
- Allergies: Benadryl 25 mg. Every 6-8 hours.  
Claritan daily. (Not Claritan D)  
Zyrtec 10 mg. daily. (Not Zyrtec D)
- Cough: Robitussin DM 2-4 teaspoons every 4-6 hours as needed.  
Dextromethorphan every 4-6 hours as needed.  
Add Sudafed if your nose is dripping. Avoid in first trimester and during breastfeeding.  
Any sore throat or cough lozenge is okay.
- Constipation: Fiber products: Metamucil, Citracel, Fibercon, Benefiber.  
Stool softeners: Colace one tablet 2-3 times a day  
Pericolace one tablet 1-3 times a day  
Senekot one tablet 1-3 times a day (more stimulation)  
Laxatives: Castor oil, milk of magnesia, ex-lax, correctal, Fleets enema.  
Miralax as directed on bottle.
- Diarrhea: Immodium liquid or capsules as directed on the box. May use after 24 hours of diarrhea. (NOT Kaopectate)
- Gas: Mylicon 80 mg. One chewable tablet after meals and at bedtime.  
Gas-Ex one chewable tablet after meals and at bedtime.
- Heartburn: Tums EX or Ultra. One to two tablets at a time. Max: 8 per day.  
Mylanta or Maalox. Take as directed on bottle. Better choice if already burning  
Zantac 75 mg. After meals and bedtime. Great drug to prevent heartburn.  
Pepcid AC for heartburn after eating.  
Prilosec 20mg every morning for heartburn prevention.
- Nausea: Dramamine or Immitrol as directed on package.  
Vitamin B6 50 mg 3 times a day.
- Insomnia: Benadryl 25-50 mg. One hour before bedtime.  
Tylenol PM, Unisom, Chamomile tea, melatonin, hot bath.
- Hemorrhoids: Anusol cream, tucks pads.
- Yeast Infection: 3-day product like Monistat 3. Insert into vagina at any time in pregnancy.

**DO NOT use any aspirin products:** excedrin, kaopectate, nyquil, pepto-bismol.