



PREGNANCY & LACTATION

Pain & Fever



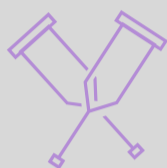
- [Tylenol](#) 650-1000 mg every 4 hours as needed
- [Ice or heat](#) (Including Icy Hot or pain patches)
- [Ibuprofen](#) (Advil, Nuprin) 600 mg.
 - Every 6 hours with food.
 - Occasional use is OK - Maximum 3 days in a row.
 - Do not use Ibuprofen before 12 weeks or after 32 weeks in any amount.

Nasal congestion & Sinus congestion



- [Sudafed](#) 30-60 mg every 4-6 hours
- Do not use in first trimester or during breast feeding.
- [Dayquil](#) 1-2 tablets every 6 hours
- [Afrin](#) 12 hour nasal spray at bedtime (Not more than 3 days in a row)
- [Neti pot](#) to irrigate the sinuses.
- [Saline nasal spray](#).
- [Mucinex Nasal spray](#).

Allergies



- [Benadryl](#) 25 mg every 6-8 hours
- [Claritin](#) 10 mg (Not Claritin D) OR Allegra daily (Not Allegra D)
- [Zyrtec](#) 10 mg daily - Nasacort daily

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.
- [Mucinex DM](#)
- [Lozenge](#).

Constipation



- [Fiber products](#):
 - Metamucil, Citracal, Fiberson, and Benefiber
- [Stool Softeners](#):
 - Colace 1 tablet 2-3 times day
 - Senekot 1 tablet 1-3 times a day (more stimulation)
- [Laxatives](#):
 - Milk of Magnesia, Ex-lax, Correctol, Miralax
- [Fleets enema](#)

Diarrhea



- [Imodium liquid or capsules](#) as directed on the box
 - May use after 24 hours of diarrhea
- [Avoid Kaopectate](#)

Gas



- [Gas-Ex](#) or [Mylicon tablets](#)
- One chewable tablet after meals and at bedtime.

Heartburn



- [Tums EX OR Ultra](#) 1-2 tablets at a time (max 8 per day)
- [Mylanta OR Maalox](#) Take as directed on the bottle (better choice if already having heartburn)
- [Zantac](#) 150 mg twice a day (mid-day and bedtime) - Great choice to prevent heartburn
- [Pepcid AC](#) for heartburn after eating
- [Prilosec](#) 20 mg every morning to prevent heartburn and nausea

Nausea



- [Vitamin B6](#) 50 mg every 6 hours – Add Unisom at bedtime or naptime.
- [Dramamine OR Immitrol](#) as directed on the package
- [Ginger tea](#)
- [Ginger Ale](#)
- [Ginger chews](#)
- [Prilosec](#) and [Zantac](#) are also very helpful to reduce stomach acid production

Dizziness



- [Meclizine](#) 1/2 tablet every 6-8 hours

Insomnia



- [Benadryl](#) 25-50 mg one hour before bedtime
- [Tylenol PM](#)
- [Unisom](#)
- [Melatonin](#)
- [Chamomile tea](#)
- [Warm bath](#)

Hemorrhoids



- [Anusol cream](#)
- [Tucks pads](#)
- [Cortisone cream](#) (Use as often as necessary)
- [Preparation H](#)

