**Heartburn** ...... **FIRST TRY:** Antacids for relief of heartburn

• Maalox® regular strength, Tums®, Rolaids®

**SECOND TRY:** Medicines for relief of heartburn

• Zantac 360<sup>®</sup> or Pepcid AC<sup>®</sup> (Famotidine)

**Headaches** ....... Tylenol® **regular strength** (Acetaminophen)

Hemorrhoids...... Anusol®, Preparation H®, Tuck's® or Witch Hazel

**Insect Repellent** ... Products containing Deet—use as directed only

• Avon Skin-So-Soft®

• Natrapel® (Deet free sprays)

**Itching and** 

**Skin Rash** ...... Benadryl® cream/lotion or Caladryl® cream/lotion Aveeno®

Nausea and

**Vomiting.....** Eat small frequent meals, a bland diet, and ginger products (e.g., cookies, tea, ginger ale)

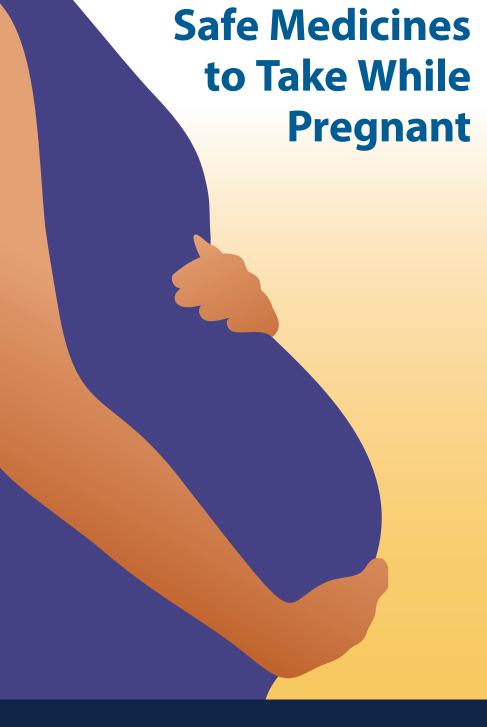
- Ginger capsules 250mg two times a day
- Sea Bands
- Vitamin B-6 25 mg three to four times a day
- Vitamin B-6 plus Unisom® 25mg (half a tablet three to four times a day)

**Yeast Infection** .... Talk to your healthcare provider.

For more resources go to: www.vdh.virginia.gov/pregnancy









## Pregnancy is an exciting time and your safety is a priority.

There may be times during your pregnancy when you need medication. You should always check with your healthcare provider before taking any medication or herbal supplements when planning for or during your pregnancy.

The remedies and medications listed are considered safe during pregnancy when used as directed. You should only use medications for symptoms you have and for the shortest amount of time.

ILLNESS	TREATMENT
Asthma	Talk to your healthcare provider.
	<ul> <li>for symptoms such as runny nose; itchy and watery eyes, nose or throhat; sneezing</li> <li>Alavert® or Claritin® (Loratadine)</li> <li>Benadryl® (Diphenhydramine)</li> <li>Chlor-Trimeton® (Chlorpheniramine)</li> </ul>
Cold or Flu  Cough	<ul> <li>Sip warm tea or water with honey and lemon.</li> <li>Suck on hard candy, peppermints, or cough drops.</li> <li>Benylin®, Delsym®, Tussin DM®, Vicks 44E® cough relief (Dextromethorpan)</li> </ul>
Congestion	<ul> <li>Run a humidifier. Use saline nasal drops, spray, or rinse (neti pot).</li> <li>Diabetic Tussin®, Mucinex®, Vicks Dayquil® (Guaifenesin)</li> </ul>

## Cold or Flu (cont.)

## Cough &

**Congestion ....** Warm showers (can use small amount of mentholated rub in bottom of shower)

- Vicks® vapor rub (Mentholated chest rub)
- Sudafed® or Actifed® (Pseudoephedrine)
- Diabetic Tussin DM®, Robitussin Peak®, Vicks
   44® (Guafenesin plus Dextromethorphan

Sore Throat .... Gargle warm salt water and sip warm drinks

• Chloraseptic® throat spray

**Constipation** ..... Maintain a healthy diet (eat more fruits and vegetables) and drink more water.

- FIRST TRY: Fiber products such as FiberOne® cereal (or other high fiber cereal), Citrucel®, Metamucil®, Fibercon®, Benefiber®
- SECOND TRY: A stool softener such as Colace®, Dulcolax®, DulcoEase®, Fleet Softax®, Phillips® (Docusate Sodium)
- THIRD TRY: A laxative such as Milk of Magnesia®, Little Phillips® or Phillips Chewables® (Magnesium Hydroxide)

**Depression.....** Talk to your healthcare provider.

Diarrhea ..... Use only after 12th week of pregnancy. Do not use for more than 24 hours

• Immodium®, Kaopectate®

Fever and

**Body Aches** ...... Take your temperature, if it is more than 100°, contact your healthcare provider.

Gas ..... Gas X®, Mylanta Gas® (Simethicon)