

RECOMMENDATIONS & HOME REMEDIES	MEDICATION DURING PREGNANCY (dose per manufacturer's recommendations)	MEDICATIONS DURING BREASTFEEDING (dose per manufacturer's recommendations)
<p><b>HEADACHES, ACHES AND PAINS</b> If no relief, report this to your doctor.</p>	<ul style="list-style-type: none"> <li>• Tylenol (Acetaminophen)</li> <li>• Icy Hot (ointment/patches)</li> </ul>	<ul style="list-style-type: none"> <li>• Tylenol (Acetaminophen)</li> <li>• Motrin or Advil (Ibuprofen)</li> </ul>
<p><b>COLD</b> Drink plenty of fluids and rest. Use medications with caution if you have blood pressure or thyroid problems. Consult your physician. Avoid combination products. Buy individual agents and use only what medication you need to treat your symptoms.</p>	<p><b>DAY TIME USE</b> <b>For nasal, sinus, or chest congestion:</b></p> <ul style="list-style-type: none"> <li>• Sudafed (Pseudoephedrine) - not in 1<sup>st</sup> trimester</li> <li>• Mucinex (Guaifenesin)</li> <li>• Vicks Vapor Rub</li> </ul> <p><b>For runny nose:</b></p> <ul style="list-style-type: none"> <li>• Chlortrimeton (Chlorpheniramine)</li> </ul> <p><b>NIGHT TIME USE</b></p> <ul style="list-style-type: none"> <li>• Benadryl (Diphenhydramine HCL)</li> </ul>	<ul style="list-style-type: none"> <li>• Vicks Vapor Rub</li> <li>• Saline Nasal Sprays</li> <li>• Neti Pot Treatments</li> </ul>
<p><b>COUGH</b> Drink plenty of fluids and rest. Use a cool vaporizer. Use hard candy or throat lozenges for a dry throat. Avoid combination products. Buy individual agents and use only what medication you need to treat your symptoms.</p>	<p><b>TO PRODUCE A COUGH</b></p> <ul style="list-style-type: none"> <li>• Mucinex (Guaifenesin)</li> <li>• Robitussin or Tussin (alcohol free type)</li> </ul> <p><b>TO SUPPRESS A COUGH</b></p> <ul style="list-style-type: none"> <li>• Robitussin DM (Guaifenesin/ Dextromethorphan)</li> </ul>	<ul style="list-style-type: none"> <li>• Robitussin or Tussin (alcohol free type)</li> <li>• Delsym (Dextromethorphan)</li> </ul>
<p><b>SORE THROAT</b> Gargle with a warm salt solution. Drink plenty of fluids. Use hard candy or lozenges to soothe soreness. If a sore throat persists longer than 3 days, call your primary MD for a throat culture.</p>	<ul style="list-style-type: none"> <li>• Tylenol (Acetaminophen)</li> <li>• any throat lozenges that can be purchased over the counter without a prescription</li> </ul>	<p>* same as pregnancy</p>
<p><b>STOMACH FLU</b> Stay home and rest. Treat symptoms as they develop. For vomiting and diarrhea, eat and drink clear liquids only (ice chips, popsicles, 7-up, tea, cola, jello, broth). You may add food gradually after 24-48 hours (saltine crackers, toast, rice, potatoes).</p>	<p><b>FEVER</b></p> <ul style="list-style-type: none"> <li>• Tylenol (Acetaminophen)</li> </ul> <p><b>DIARRHEA</b></p> <ul style="list-style-type: none"> <li>• Imodium (Lopermide)</li> </ul>	<p>* same as pregnancy * continue to nurse your baby</p>
<p><b>CONSTIPATION</b> Increase fluid intake to 64 ounces daily. Add fiber to your diet (fruit, vegetables, bran cereal &amp; muffins, 100% whole wheat bread, cereal or bagels).</p>	<p><b>DAILY STOOL SOFTENER</b></p> <ul style="list-style-type: none"> <li>• Colace (Ducosate)</li> </ul> <p><b>FIBER SUPPLEMENTS</b></p> <ul style="list-style-type: none"> <li>• Metamucil</li> <li>• Benefiber</li> <li>• Miralax (short-term use only)</li> </ul> <p><b>CONTINUED CONSTIPATION</b></p> <ul style="list-style-type: none"> <li>• Milk of Magnesia</li> <li>• Dulcolax Suppository</li> </ul>	<p>* same as pregnancy</p>
<p><b>HEARTBURN</b> Eat small frequent meals. Avoid greasy, spicy, and acidic foods. Limit carbonated soda, tea and caffeine. Avoid lying down within 3 hours of eating.</p>	<ul style="list-style-type: none"> <li>• Mylanta, Maalox, Tums, Rolaids (Antacids)</li> <li>• Gas-X (Simethicone)</li> <li>• Zantac (Rantidine)</li> <li>• Pepcid AC (Famotidine)</li> </ul>	<p>* same as pregnancy</p>
<p><b>ALLERGY</b> Wear a mask when doing house/garden work.</p>	<ul style="list-style-type: none"> <li>• Zyrtec</li> <li>• Benadryl</li> <li>• Claritin</li> </ul>	<ul style="list-style-type: none"> <li>• Claritin</li> </ul>