

# NORTHSIDE/NORTHPOINT OB-GYN

*Advanced, heartfelt care for all the stages of life*

## COMMON CONDITIONS IN PREGNANCY AND APPROVED MEDICATIONS

**Asthma:** Most inhaled medications are considered safe. Budesonide inhaled or nasal spray (Pulmicort or Rhinocort), albuterol (rescue inhaler), salmeterol (Serevent), and formoterol (Foradil)

**Allergies:** Diphenhydramine (Benadryl), loratidine (Claritin), cetirizine (Zyrtec), fexofenadine (Allegra), and \*\*pseudoephedrine (Sudafed) – may be used AFTER the 1<sup>st</sup> trimester (12 wks)

**Constipation:** Increase dietary fiber and water (Fiber one and Kashi bars and cereals are good sources of dietary fiber). Consider adding yogurts containing active cultures like Activia. Useful medications include psyllium (Metamucil), methylcellulose (Citrucel), docusate (Colace and Ducolax), Milk of Magnesia, and Miralax

**Cough:** guaifenesin (Mucinex, Robitussin), cough drops

**Diarrhea:** Try the BRAT diet (bananas, rice, applesauce, and toast). Loperamide (Imodium A-D), Kaopectate

**Dizziness:** Rest, increase fluids and caloric intake. If dizziness persists or fainting occurs, please call the office

**Fever:** Acetaminophen (Tylenol)

**Heartburn/Indigestion:** Calcium carbonate (Tums, Mylanta, Rolaids) or aluminum/magnesium (Maalox, Gaviscon) are good first line agents. Ranitidine (Zantac), Cimetidine (Tagamet), or Famotidine (Pepcid).

**Fever Blister:** Abreva, Blistex or prescribed Zovirax

**Headache:** Acetaminophen (Tylenol)

**Hemorrhoids:** Try warm soaks in a bathtub twice a day. After soaking, gently push hemorrhoids in. May also use Tucks, Preparation H, and Anusol

**Insomnia:** Doxylamine (Unisom sleep tabs), diphenhydramine (Benadryl), Tylenol pm

**Leg cramps:** Try gentle calf stretches before going to sleep, drink plenty of water, and get regular exercise to prevent cramps. There is no good evidence that taking extra vitamin and mineral supplements are helpful in preventing or treating leg cramps however you can try calcium or magnesium supplements.

**Motion sickness:** Dimenhydrinate (Dramamine)

**Nasal congestion:** saline nasal drops or spray, \*\*pseudoephedrine (Sudafed) may be used AFTER the first trimester (12 wks)

**Nausea of pregnancy:** Ginger 250 mg daily, Vitamin B6 (pyridoxine) 25mg by mouth three times daily with or without Unisom Sleep Tabs (doxylamine succinate 25 mg) \_ tablet one to three times daily, Sea bands. Call office for Rx if unable to keep fluids down.

**Rashes:** Hydrocortisone 1% cream or ointment, Caladryl lotion or cream, Benadryl cream, oatmeal bath (Aveeno)

**Sore Throat:** Warm salt/water gargle, Cepacol, Chloraseptic

**Vaginal yeast infection:** clotrimazole cream (Gyne-lotrimin, Mycelex), miconazole (Monistat). We recommend 7 day treatments in pregnancy.