

Heartburn/Reflux

- * **Calcium Carbonate** (Maalox, Tums): 2 to 4 teaspoons 4 times a day (max 16/day)
- * **Aluminum hydroxide/magnesium hydroxide/simethicone** (Mylanta): 2 to 4 teaspoons between meals and at bedtime (max 12 teaspoons)
- * **Ranitidine** (Zantac): 75mg daily with a glass of water (max 150mg/day)

- ⇒ Elevate the head of the bed
- ⇒ Avoid spicy and fatty foods
- ⇒ Avoid lying down for 3 hours after eating
- ⇒ Avoid bulky meals at night
- ⇒ Try sucking on peppermint candy

Constipation

- * **Docusate** (Colace): 100—200mg daily
- * **Psyllium** (Metamucil): 1 tablespoon in 8 oz of liquid up to three times a day
- * **Polyethylene glycol** (Miralax, GlycoLax): 17g in 4 to 8 oz of beverage daily

- ⇒ Avoid stimulants, mineral and castor oil
- ⇒ Increase dietary fiber AND fluids
- ⇒ Continue moderate exercise

Hemorrhoids

- * **Witch Hazel** (Tucks Medicated Pads): Use up to 6 times a day or after each bowel movement

- ⇒ Try soaking in sitz baths
- ⇒ Practice good anal hygiene

Nutrition Needs for Pregnant Women

- * **Calcium: 1200mg/day**
- * **Folate: 400mcg up to 1mg/day**
- * **Iron: 18-21 mg/day of elemental iron**

General Tips

- * **This pamphlet is meant as a guide only, and is not meant to replace any medical advice. If you have any questions or concerns about you or your baby, do not hesitate to contact your physician!**
- * Only take a medication if you really need it. To avoid any possibly complications, try using a non-pharmacological option first.
- * Take the lowest possible dose for the shortest possible time.
- * Always read the medication labeling to see if there are any precautions.

For More Information:

- * www.womenshealth.gov
- * www.nlm.nih.gov/medlineplus

What Over-the-Counter Medications are Safe in Pregnancy?

BrownClinic 

Phone: (605)-886-8482

Personal Care From the People You Know and Trust.

Common Issues Associated with Pregnancy

Mild Headache

* **Acetaminophen** (Tylenol): 325—1,000mg every 4 to 6 hours

⇒ Avoid aspirin and NSAIDS

Muscle or Joint Pain

* **Capsaicin**: Apply 3 to 4 times daily

⇒ Use ice packs and get plenty of rest

Morning Sickness

* **Pyridoxine** (Vit B6): 25mg every 8 hours (max 75mg/day)

* **Doxylamine** (Unisom): 25mg once daily

* **Calcium Carbonate** (Maalox, Tums): 2 to 4 teaspoons 4 times a day

* **Aluminum hydroxide/magnesium hydroxide/simethicone** (Mylanta): 2 to 4 teaspoons between meals and at bedtime (max 12 teaspoons)

* **Dimehydrinate** (Dramamine): 50 to 100mg every 4 to 6 hours as needed

* **Meclizine** (Bonine): 25-50mg daily as needed

⇒ Eat small, frequent, low-fat meals;
⇒ Avoid spicy and fatty foods
⇒ Maintain hydration
⇒ Eat crackers before rising in the AM

Insomnia

* **Diphenhydramine** (Benadryl): 25 to 50 mg every 4 to 6 hours as needed (max of 300 mg/day)

* **Doxylamine** (Unisom): 25mg at bedtime

⇒ Establish a calming bedtime routine

⇒ Drink warm milk

Allergies

* **Chlorpheniramine** (Chlor-Trimeton): 4 mg every 4-6 hours as needed (max 24 mg/day)

* **Diphenhydramine** (Benadryl): 25 to 50 mg every 4-6 hours as needed, max 300 mg/day

* **Loratadine** (Claritin) :10 mg daily as needed

Nasal Congestion

* **Pseudoephedrine** (Sudafed): 30 to 60 mg every 4-6 hours as needed, max 240 mg/day

* **Saline spray** (Ayr/Ocean Spray): Squeeze twice in each nostril as needed

⇒ Take a warm, steamy shower

⇒ Use a neti-pot

Gas

* **Simethicone** (Gas-X): 125 to 250mg 4 times daily (max of 500mg/day)

⇒ Avoid spicy or irritating foods

Cough

* **Guaifenesin** (Mucinex, Robitussin DM): 200 to 400 mg every 4 hours as needed (max 2,400 mg/day)

* **Dextromethorphan** (Delsym, Robitussin, Triaminic): 10 to 20 mg every 4 hours as needed (max 120 mg/day)

⇒ Avoid guaifenesin in the first trimester

⇒ Use products that do not contain alcohol

Cold

* **Acetaminophen** (Tylenol): 325—1,000mg every 4 to 6 hours

* **Saline spray** (Ayr/Ocean Spray): Squeeze twice in each nostril as needed

⇒ Gargling warm salt water, eating chicken soup, increasing fluids, and using a vaporizer can reduce symptoms

⇒ Make sure to get plenty of rest

Diarrhea

* **Loperamide** (Immodium): 4mg initially, then 2mg after each loose stool (max 8mg/day)

⇒ Make sure to rehydrate properly
⇒ Avoid fatty foods and juices
⇒ Stop intake of milk products for 3-7 days
⇒ Try BRAT diet (bananas, rice, applesauce, toast)