

Safe Home Remedies During Pregnancy

If you have a cold, nausea or constipation please try these simple measures before calling the clinic.



Cold:

- Increase fluids
- Increase vitamin C-as long as you are getting 250mg, you will be fine.
- Increase rest
- Increase humidity
- Use saline nasal spray
- Vicks Vapor rub
- Breathe Right Nasal strips

Medicines that are safe:

- Pseudoephedrine or Phenylephrine (Sudafed) regular dose, follow package directions. **You must stay hydrated with taking the medication as it tends to be very drying.**
- Tylenol/Acetaminophen-Regular dose, follow package directions, up to 1000mg at a time, do NOT exceed 4000mg in a 24 hour period.
- Robitussin DM-Regular dose, follow package directions.
- Mentholated cough/throat lozenges as needed.
- Claritin/Zyrtec

If the above measures have not helped and **IF YOU HAVE**

- Fever of 100.5 degrees F or above.
- Sore throat.
- Productive cough.
- Headache with vision changes or the worst headache you have ever had.

...please call the clinic to speak to the nurse. You may need antibiotics which can be taken safely during pregnancy.

Nausea:

- Vitamin B6 in the day time, 100 mg once a day.
- Lozenges 25mg one tablet 4-5 times a day.
- Unisom at night 25-50 mg, one 25mg to start then may have one addition 25mg if within one hour
- or one 50mg at night.
- Ginger Tablets (from Natural Pantry) 4 times a day.
- Benadryl 12.5mg take as directed. **DO NOT DRIVE** on medication as it can make you drowsy.

Constipation:

Colace, Metamucil, Citrucel, Milk of Magnesia, Benefiber, Fibercon & Prune juice.

If you have any bleeding that is more than a speck of blood with constipation, you need to be seen.