

**\*\*DO NOT TAKE\*\* Ibuprofen or Aspirin**

The following medication can be taken during pregnancy **AS DIRECTED**

Problem	NON-MEDICATION INTERVENTION	PHARMACOLOGIC INTERVENTION
HEADACHE	<ul style="list-style-type: none"> <li>• Rest</li> <li>• Heat or Ice</li> <li>• Snack</li> </ul>	<ul style="list-style-type: none"> <li>• Tylenol® (Regular or Extra Strength)</li> </ul>
NAUSEA/VOMITING	<ul style="list-style-type: none"> <li>• Saltine Crackers</li> <li>• Small meals</li> <li>• Herbal Teas</li> </ul>	<ul style="list-style-type: none"> <li>• Emetrol® (If not diabetic)</li> <li>• Vitamin B6</li> </ul>
HEARTBURN/INDIGESTION	<ul style="list-style-type: none"> <li>• Avoid fried/spicy foods</li> <li>• Elevate head of bed</li> <li>• Avoid bedtime food</li> <li>• Herbal Teas</li> </ul>	<ul style="list-style-type: none"> <li>• Zantac® OTC</li> <li>• Mylicon®</li> <li>• Tums®</li> </ul>
DIARRHEA	<ul style="list-style-type: none"> <li>• Fluids</li> <li>• Rest</li> <li>• Wait 24 hours</li> </ul>	<ul style="list-style-type: none"> <li>• Immodium® OTC</li> <li>• Kaopectate®</li> </ul>
CONSTIPATION	<ul style="list-style-type: none"> <li>• Increase Dietary Fiber</li> <li>• Increase fluids</li> <li>• Exercise 10-15 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Miralax®</li> <li>• Colace®</li> <li>• Metamucil®</li> <li>• Surfak® (OTC)</li> </ul>
HEMORRHOIDS	<ul style="list-style-type: none"> <li>• Same as for constipation</li> <li>• Ice packs (postpartum)</li> </ul>	<ul style="list-style-type: none"> <li>• Tucks®</li> <li>• Anusol® (suppository or cream)</li> <li>• Preparation H®</li> </ul>
COLD	<ul style="list-style-type: none"> <li>• Saline nose drops</li> <li>• Humidifier</li> <li>• Rest/fluids</li> <li>• Herbal teas</li> </ul>	<ul style="list-style-type: none"> <li>• Claritin®</li> <li>• Sudafed®</li> <li>• Zyrtec®</li> <li>• Tylenol® cold/sinus</li> <li>• Benadryl®</li> </ul>

COUGH	<ul style="list-style-type: none"> <li>• Same as for cold</li> </ul>	<ul style="list-style-type: none"> <li>• Vicks®</li> <li>• Robitussin®</li> </ul>
SORE THROAT	<ul style="list-style-type: none"> <li>• Same as for cough</li> </ul>	<ul style="list-style-type: none"> <li>• Chloraseptic® spray or lozenges</li> </ul>
CONGESTION	<ul style="list-style-type: none"> <li>• Saline drops</li> <li>• Humidifier</li> <li>• Rest/fluids</li> </ul>	<ul style="list-style-type: none"> <li>• Neosynephrine® spray or drops</li> <li>• Afrin® spray</li> <li>• Sudafed® drops (no more than three days)</li> </ul>
LEG CRAMPS	<ul style="list-style-type: none"> <li>• Foot board for bed</li> <li>• Pillow between legs</li> </ul>	<ul style="list-style-type: none"> <li>• Tums® or other calcium</li> </ul>
BACK PAIN	<ul style="list-style-type: none"> <li>• Back exercises</li> <li>• Low shoes/good posture</li> <li>• Rest/moderate heat</li> </ul>	<ul style="list-style-type: none"> <li>• Tylenol®</li> </ul>
ROUND LIGAMENT PAIN	<ul style="list-style-type: none"> <li>• Warm bath</li> <li>• Rest/pelvic rocks</li> <li>• Moderate heat</li> </ul>	<ul style="list-style-type: none"> <li>• Tylenol®</li> </ul>
OTHER ABDOMINAL PAIN	<ul style="list-style-type: none"> <li>• Same as ligament pain</li> </ul>	<ul style="list-style-type: none"> <li>• None (clinical evaluation)</li> </ul>
ANXEITY ATTACKS	<ul style="list-style-type: none"> <li>• Rest/avoid stress</li> <li>• Discontinue smoking, caffeine and other substances</li> <li>• Communications with support</li> <li>• Persons/education</li> </ul>	<ul style="list-style-type: none"> <li>• None (clinical evaluation)</li> </ul>
DEPRESSION	<ul style="list-style-type: none"> <li>• Same as for anxiety</li> </ul>	<ul style="list-style-type: none"> <li>• None (clinical evaluation)</li> </ul>