

OB/GYN Associates of Lafayette

Recommendations for Common Problems in Pregnancy

Indication	Medicine
Constipation	No Laxatives - stool softeners such as colace up to three times daily. Increase fluids, walking, fruits and vegetables. 6-8 bottles of water per day. Avoid constipating foods.
Cough/Cold Symptoms	Saline nasal spray, zicam, flonase or pediatric afrin. Tylenol sinus, tylenol cold, sudafed or mucinex. Zyrtec, claritin, benadryl. Robitussin or delsym for coughing. Vicks vapor rub, hot steam or cool mist humidifier to loosen secretions.
Dermatitis (Rash or Hives)	Cortisone or benadryl topical cream. Grandpa's pine tar soap. Aveeno oatmeal baths. Claritin, pepcid or tagamet.
Diarrhea	Kaopectate or Imodium AD (as directed on label) Call if symptoms persist.
Headache/Pain Relief	No Ibuprofen or Nsaids Tylenol Extra Strength is okay - no more than 2000 mg per day
Hemorrhoids	Preparation H with Hydrocortisone or Tucks pads.
Indigestion/Gas	Tums/Roloids, Maalox/Mylanta, Gaviscon, Pepcid, Zantac, Prilosec, Nexium
Nausea/Vomiting	Emetrol as directed on label. Sea Bands (wrist bands). Keep meals small, frequent & simple. Avoid fried greasy foods. BRAT diet - banana, rice, apple sauce, & toast.
Yeast Infection (vaginal itching and/or irritation)	Avoid tight fitting clothes, scented soaps, scented detergents, thongs and douching. May use monistat 7. Call for prescriptions if symptoms persist.

