

Common Pregnancy Concerns and Safe Medications

Constipation: Increase daily water intake and continue daily exercise. May use Citrucel, Fibercon, Metamucil, Senakot, or Benefiber. Use daily stool softener, such as Colace. Milk of Magnesia may be used occasionally. You can also try Miralax 3 times a day until adequate bowel movement, and then decrease to once daily. AVOID: Stimulants such as Ex-Lax, Correctol and Mineral Oil.

Contractions/Cramping: Occasional mild pelvic cramping is common during pregnancy and may be treated with rest, hydration, and Tylenol. If pains are persistent; occurring multiple times an hour, prior to 37 weeks, please call the office at: 864-220-4209. DO NOT go to ER or OB TRIAGE without calling the office first.

Cough and Colds: Symptoms may be treated with Robitussin, Actifed, Sudafed, Tylenol Cold and Sinus, Cough drops, Mucinex, Zyrtec, Zyrtec D, Claritin, cool mist vaporizer, and saline nasal spray. Stay well hydrated.

Dehydration: We recommend drinking at least 8 glasses of water a day, more with extra activity.

Diarrhea: May use Kaopectate or Imodium AD as directed and increase fluids.

Headaches/Body Aches: Increase fluids, use Tylenol (2 regular strength or 1 extra strength) every 4 hours. AVOID: Advil, Ibuprofen, Motrin, Aleve, and Aspirin unless recommended by your doctor.

Heartburn/Indigestion/Gas: May use Maalox-Plus, Mylanta, Roloids, Tums or Gaviscon. If these do not work you may try: Pepcid-AC, Prilosec or Zantac.

Hemorrhoids: Tucks pads and warm sitz baths may be used as needed, along with Preparation H or Anusol.

Nausea/Vomiting: Acupressure bands, Dramamine, Emetrol, Ginger capsules, Ginger tea, Vitamin B6/Unisom may be used. Stay well hydrated with sips of liquids such as: Gatorade or popsicles/ crushed ice. Call if symptoms worsen or if unable to keep liquids down.

Sore Throat: May use Chloraseptic or throat lozenges.

Vaginal Discharge: This is commonly increased during pregnancy. Call the office with any bleeding, itching, or irritation.