

Pregnancy & Minor Illnesses

Symptoms/Advice (Consult a provider if no relief)

Nausea and vomiting:

(Less than 4 times per day)

- Eat bland foods, avoid sugars and fats, limit dairy products
 - Take fluids in small sips between meals
 - Lemonade
 - ½ tab of Unisom at bedtime, Vitamin B6 50 mg in the A.M.
 - Ginger Tea (decaffeinated) or crystallized (candied) ginger
 - “Sea-Bands” acupressure wrist bands
 - *See next page for more detailed advice
- Review with your Physician

(More than 4 times per day)

Headache

(Non severe)

-Drink more water

- Eat frequent nutritious snacks
- Acetaminophen (Tylenol) *2 regular strength tablets every 4-6 hours, or 2 extra strength tablets every 6 hours as needed, do not exceed 4000mg/24 hours.
- Try to rest

Headache

(Unusually severe)

Accompanied by other symptoms such as confusion, disturbances in vision, speech, sensation, or muscle strength:
SEEK EMERGENCY CARE AS THESE MAY BE SIGNS OF A STROKE

Cough/Cold symptoms

-Drink 3 quarts of water daily

- Cool mist humidifier
- Heated, gel-filled facial mask over sinuses
- Vitamin C 500 mg 2-3 times a day
- Garlic capsules, two every 4 hours
- Honey and lemon mix, one tsp. each
- Nasal saline spray
- Robitussin DM
- Sudafed PE (phenylephrine) before and after 12 weeks of pregnancy
- Regular Sudafed (pseudoephedrine) after 12 weeks of pregnancy.
- Acetaminophen (Tylenol) *2 regular strength tablets every 4-6 hours, or 2 extra strength tablets every 6 hours as needed, do not exceed 4000mg/24 hours. Be aware that many cough/cold preparations may contain acetaminophen as well.
- DO NOT** take Echinacea or Goldenseal during pregnancy
- See your PCP if fever, productive cough, or sore throat persist.

Heartburn/Indigestion

- Eat small, frequent meals
- Do not lay flat for at least 1-2 hours after eating
- Elevate head of the bed with pillows or risers
- Try chamomile or fennel tea
- Increase dietary fiber
- Avoid sugary/fatty/acidic foods and beverages, chocolate and peppermint can worsen symptoms
- Avoid milk or citrus on an empty stomach
- TUMS or liquid antacids (NOT Pepto Bismol) can help, but do not take any other medication within one hour of taking a chalky antacid. If symptoms persist, take Pepcid (famotidine) 20mg per day, to reduce acid production, and consult your PCP if this does not help.

Constipation

Drink at least 10 glasses of fluid each day

- Follow meals with a warm drink and walk around
- Eat more grains, leafy greens, fresh & dried fruits, but AVOID apples & bananas
- Eat less starchy foods and hard cheeses
- Try fiber supplements or senna tea.
- Colace (docusate sodium, a stool softener) can be taken up to three times a day with meals
- Miralax may be used periodically for persistent constipation.

Seasonal & Environmental Allergies

-**Antihistamines:** Zyrtec (cetirizine) or Claritin (loratidine) may be taken daily. Select over the counter products. DO NOT select Zyrtec-D or Claritin-D from behind the pharmacy counter as they contain pseudoephedrine. Alternatively, Benadryl may be taken, but this can make you sleepy and you cannot drive if you are taking it. Benadryl is similar to Unisom, so do not take these together.

-**Nasal Sprays:** Nasal saline spray can be used as often as you like. This is useful for clearing out the pollen and other allergens that get trapped in the hairs inside your nose (cilia). For treatment of persistent nasal congestion and runny nose, Rhinocort or Rhinocort AQ (budesonide) may be used daily, following the package directions.

-**Lifestyle:** Try to avoid exposure to your known allergens. If you have a pollen allergy, WASH YOUR HAIR AT NIGHT to avoid contaminating your pillow with pollen. Consider using an air purifier machine in your home. Limit textiles in your bedroom i.e. rugs, draperies. If they cannot be removed, clean them frequently with a HEPA vacuum cleaner. Mattresses and pillows can be encased in anti-allergy covers. Bedclothes should be changed and cleaned frequently.

-Consult your PCP for wheezing, cough productive of green sputum, green nasal discharge, or facial pain, as they may be signs of a more serious problem.