

# Medications and Comfort Measures During Pregnancy

**During pregnancy, it is best to avoid the use of medications if possible.** However, some discomforts may be alleviated with medication, but not all over-the-counter medications can be used during pregnancy. We have compiled the following list of medications which you may use as directed on the product label. If you have tried the measures listed below without improvement and/or have concerns, please call your provider.

**Charlotte Women's Health**  
(517) 543 9563

**DeWitt Women's Health**  
(517) 975 9750

**Lansing Women's Health**  
(517) 975 9875

**Okemos Women's Health**  
(517) 975 1400

**If a medication is not included below, it should not be taken unless a physician approves it.  
For all medications, take as directed on the product label.**

## Body aches or pains

You may get significant relief from rest and a soothing bath or shower. If greater relief is needed, you may try acetaminophen.

*Tylenol, Datril, Panadol, or generic*

## Colds, congestion, or allergies

First, try some non-medicinal remedies for the discomforts of a cold or a stuffy nose. Extra rest is needed, and you should drink more liquids, especially hot tea or hot broth to open nasal passages. Relieve your sore throat with throat lozenges or cough drops.

If these measures do not provide enough relief, try one of the following over-the-counter medications. If you experience a fever or other symptoms of infection, contact your primary care provider or our office.

*Afrin, Allerest, Benadryl, Chlor-Trimeton, Cold Control+, Contac, Coricidin (plain only), Dristan Cold & Flu, Drixoral (non-drowsy formula), Medi-Flu (without drowsiness), Novahistine DMX, Ornex (regular or maximum strength), Sine-Off, Singlet, Sinutab, Sudafed, Teldrin, Theraflu, Tylenol, or Vicks products*

## Cough

Relieve your cough with throat lozenges or cough drops. If this does not provide enough relief, try one of the following over-the-counter medications:

*Benylin, Cheracol-D, Dimacol, Robitussin (plain), or Vicks Formula 44*

## Nausea or vomiting

Eating small, frequent meals every two to three hours may help quell nausea. What you eat is also important. Often starchy foods help settle the stomach (crackers, toast, potatoes, cereal, bread, or pasta), while greasy, fatty, or spicy foods may trigger nausea or vomiting. Do not drink a lot of liquid with your meals. Herbal teas such as chamomile, ginger, or pregnancy teas also provide nausea relief. Sea bands are also a non-medical option.

If these measures do not provide enough relief, try one of the following over-the-counter medications.

*Bonine, Dramamine, Emetrol, Marazine, or Unisom*

## Heartburn

Heartburn may be relieved by eating small, frequent meals every two to three hours. Do not drink a lot of liquid with your meals. Avoid laying down immediately after eating. Spicy or caffeinated (pop, coffee) foods often trigger heartburn, so avoid these. If heartburn is still a problem after taking these measures, try one of the following antacids.

*Gaviscon, Gelusil, Maalox, Mylanta, Riopan, Roloids, or Tums*

## Constipation

Avoid constipation by eating a diet rich in fresh fruits and vegetables, whole grains, and lots of liquids. The best natural laxative is prune juice or prunes. You may also try any of the following bulk laxatives.

*Benefiber, Citrucel, Colace, Dialose, Dulcolax, Fiberall, Fibercon, Pericolace, Surfak, or Metamucil*

## Hemorrhoids

Preventing constipation is one way to prevent hemorrhoids. Despite these efforts, some women will develop hemorrhoids in pregnancy. The following remedies may provide relief in this event.

*Americaine ointment, Anusol cream, Nupercainal, Preparation H, Tonolane, or Tucks pads or cream*

## Exercise

Another common concern during pregnancy is physical exertion. If you do not have restrictions for other medical conditions and if you do not have complications in your pregnancy, you may continue to exercise as before conception.

During exercise, you should check that your heartbeat remains below 140 beats per minute. Never exercise to the point of exhaustion or allow yourself to become overheated. As your body changes in shape, you may need to modify your exercise to accommodate your stretched abdominal muscles and changes in balance.

If you do not regularly exercise but wish to begin during your pregnancy, try walking, swimming, low-impact aerobics, or pregnancy exercise videos. Remember to monitor your heart rate and do not overdo.

