**APPROVED OVER THE COUNTER (OTC) MEDICATIONS AND SUPPLEMENTS IN PREGNANCY**

**Fever/Headache/Body Ache:**

 Ibuprofen *first 20 weeks ONLY* - 400mg every 4-6 hours as needed

 Acetaminophen 650mg every 4hrs or 1000mg every 6hrs as needed

**Nausea/Vomiting:**

 Unisom\* (1/3 tablet) and Vitamin B6 (50mg), 1-3 times daily

 Emetrol (Phosphorated Carbohydrate)

 Homeopathic Ipecac 30x

 Ginger Root under the tongue or Ginger Ale/Tea/Capsules

 Peppermint Oil Aromatherapy

 Sea Bands – Wear over acupressure points on wrists

**Seasonal Allergies:**

 Allegra (Fexofenadine)

 Benadryl (Diphenhydramine)\*

 Claritin (Loratadine)

 Unisom (Doxylamine Succinate) \*

 Flonase (Fluticasone Propionate)

**Constipation:**

 Citrucel/Fibercon

 Magnesium - 300-400mg/daily as needed

 Colace (Docusate Sodium) – 100mg, 1-3 times daily

 Metamucil

 High fiber cereal daily

 Prunes - Juice or Stewed

**Diarrhea:**

 Kaopectate or Pepto Bismol (Bismuth Subsalicylate) – use sparingly

 BRAT Diet - Bananas/White Rice/Applesauce/Toast

 Electrolyte drinks

 Lactobacillus GG (probiotic)

**Indigestion/Acid Reflux:**

 Gas-X (Simethicone)

 Maalox or Mylanta – Excessive use can cause diarrhea

 Nexium (Esomeprazole)

 Pepcid (Famotidine)

 Tums/Rolaids (Calcium Carbonate)

 Papaya – Enzyme or Fresh

 Peppermint or Chamomile Tea

**Yeast Infection:**

 Gyne-Lotrimin (Clotrimazole) – use 7-day preparation

 Monistat (Miconazole) – use 7-day preparation

**Hemorrhoids:**

 1% hydrocortisone ointment

 Preparation H

 Tucks Pads/Cold Witch Hazel Compresses

**Anemia:**

 Ferro-Sequels – contains stool softener

 Floradix – Herbal liquid iron supplement. Must be refrigerated

 Slow-Fe – Time-released iron supplement

 Stinging Nettle Tea

**Respiratory Infection:**

 Antihistamines – (Claritin, Allegra, Benadryl\*)

 Flonase/Saline Nose Drops

 Mucinex DM (Guaifenesin)

 Robitussin DM (Dextromethorphan)

 Sudafed PE (Phenylephrine) – *regular Sudafed ONLY after 16 weeks*

 Cough Drops/Anesthetic Throat Sprays/Gargles

 Echinacea

 Vitamin C – Max 1000mg daily

 Airborne for Kids – (Double dose maximum)

 Zinc Lozenges

**Steam Inhalation** is a wonderful way to remedy respiratory problems such as chest congestion, sinusitis, bronchitis and bronchial cough. Bring a pot of water to boil on your stove, then stand over it and drape a towel over your shoulders. Be careful not to get too close to the steam, and that the towel does not touch the flame or burner on your stove. Try to breathe through your nose if you have nasal and sinus problems; if you are too stuffed up, breathe through your mouth with your lips pursed. The steam will help keep nasal passages moistened and relieve some of the aches and pains associated with respiratory problems. Consider enhancing the effectiveness of steam inhalation with herbs such as sage or eucalyptus. These herbs are also antibacterial and can help reduce the chance of secondary bacterial infection when respiratory diseases are caused by viruses. Use ¼ teaspoon of the oil or a small handful of the leaves.

**Congestion Tea** helps relieve head and chest congestion, as well as malaise and chills: grate a one-inch piece of fresh peeled ginger root. Place it in a pot with two cups of cold water, bring to a boil, lower heat and simmer for five minutes. Add ½ teaspoon of cayenne pepper and remove from heat. Add two tablespoons of fresh lemon juice, honey to taste, and one or two cloves of mashed garlic. Strain if desired. Then get under some warm covers and enjoy.

**\*may cause drowsiness**