

## MEDICATION USAGE DURING PREGNANCY



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We realize that during pregnancy, illness and discomforts may occur in which you may want or need to relieve, alleviate, or treat. We have made the following list to help you get through this pregnancy as easily and safely as possible!

You should not take any drugs unless it is absolutely necessary. Most drugs cross the placenta. Drugs that cross the placenta go into the baby's bloodstream and may have some effect on the baby. There is no medication that does not interfere with mother and/or baby, and some effects may not entirely be known. This is why we feel as though a drug should not be taken unless it is absolutely necessary.

Pain Relief	Muscle aches, headaches: For headaches, ensure adequate hydration (half your body weight but in ounces of water). Peppermint, Lavender or "Pan Away" (Young Living Blend) essential oil. Chiropractic Care Therapeutic Massage Tylenol
Cold Symptoms	Netti-pot (to alleviate nose and sinus congestion) Warm salt-water gargles Normal saline nose spray Peppermint essential oil, to clear congestion Breathe Again Essential Oil Cough Drops Throat Spray Sudafed Benadryl Robitussin (Plain) Increase garlic and Vitamin C intake, to help body's defense system
Diarrhea	Ensure adequate hydration and avoid dehydration Ginger essential oil Ginger Tea Kaopectate
Stool Softener	Increase water intake Diet high in fiber- fruit, bran, prunes, and prune juice are especially recommended Calcium-Magnesium (Liquid) Increase Vitamin C (to bowel tolerance) Colace
Hemorrhoids	Keep stool soft (see above) Drink 6-8 glasses of water per day Witch hazel pads Tucks Preparation H
Heartburn	Small, frequent meals Calcium-Magnesium (Liquid) Papaya enzymes/digestive enzymes Tums Maalox Mylanta

**Please do not hesitate to call us if you have questions about any other OTC medications.**