

ACHES, PAINS AND HEADACHES

Expecting mothers may take 1-2 extra strength Acetaminophen (Tylenol) tablets every six hours as needed. (No more than 6 tablets or 3,000 mg per day). Avoid aspirin containing products unless specifically instructed by physician. Expecting mothers should avoid Ibuprofen and Naproxen (ex. Motrin, Aleve, Excederin, Advil).

CONSTIPATION

Colace, Citrucel, Fibercon, and Miralax are all fine to consume while pregnant. Expecting mothers should also drink lots of water as well as eat fruits and veggies. Most of these medications won't work if expecting moms don't drink enough water.

HEMORRHOIDS

Expecting mothers experiencing hemorrhoids should increase fiber and water. Over-the-counter medications like Preparation H or Anusol may provide relief. If these are not working, please call and a provider may offer a prescription-strength medication.

HEARTBURN

Over-the-counter medications like Tums, Gaviscon, Mylanta, Maalox, Zantac 150, Prevacid or Pepcid AC may relieve heartburn. Avoid greasy, spicy and fried foods.

DIARRHEA

Immodium AD, clear liquids and a bland diet for 8-12 hours may help expecting moms experiencing diarrhea. A fever of 100.4 or greater, persistent diarrhea or vomiting require a call the office: (701) 952-4878. DO NOT TAKE: Pepto Bismol because it contains aspirin.

NAUSEA

The best practice for nausea is to eat small, frequent meals.

Diet and lifestyle changes may help. In addition:

- take a gummy multivitamin instead of a tablet
- try eating dry toast or crackers in the morning before you get out of bed to avoid moving around on an empty stomach
- drink fluids often
- avoid smells that bother you
- eat small, frequent meals instead of three large meals
- try bland foods. For example, the "BRATT" diet (bananas, rice, applesauce, toast and tea) is low in fat and easy to digest.
- try ginger ale made with real ginger, ginger tea made from fresh grated ginger, ginger capsules and ginger candies

Nausea medications- Safe nausea medications include: Emetrol, Unisom (Doxylamine), Vitamin B6. You can take Unisom 25mg and Vitamin B6 25mg together in the morning and before bed. Unisom is a sleep aid so it may cause drowsiness. If you become too drowsy during the day time you can take the vitamin B6 in the morning by itself. The medications should be taken prior to being nauseated for the best results. If these recommendations are not working call (701) 952-4878 as you may need to be seen or have a prescription.

COLDS/ ALLERGIES/COUGH

Benadryl, Claritin, Zyrtec, Mucinex and Robitussin DM are all safe to take during pregnancy.

DO NOT TAKE phenylephrine-containing products like Sudafed PE.

INSOMNIA

Unisom, Benadryl and Melatonin are safe to consume to help with insomnia.

YEAST INFECTIONS

Monistat 7 is the recommended treatment for expecting mothers with yeast infections.

Be careful with the applicator and only insert it halfway into the vagina.