

Medications and comfort measures to use for discomforts and illnesses during pregnancy

This chart contains over-the-counter (OTC) medicines, herbs, homeopathics and treatments considered low risk for pregnant women when taken for the occasional mild illness or discomfort. Also mentioned are a few that are not safe. A few brand names are listed as examples, but there are many more on the market.

Nothing is 100 percent safe for all pregnant women or babies. My recommendation is that you take medications only when absolutely necessary. Don't take more than the recommended dose and, if possible, avoid taking anything during your first trimester, when your developing baby is most vulnerable.

All recommended oils should be used on the feet only and herbs should be used as teas, whenever possible. Call me with any questions or concerns.

Pregnancy discomfort or illness	Medications, herbs, homeopathics, essential oils and alternative treatments
<p>Heartburn, gas and bloating, upset stomach</p>	<ul style="list-style-type: none"> •Antacids for heartburn (Maalox, Mylanta, Roloids, Tums) •Simethicone for gas pains (Gas-X, Maalox Anti-Gas, Mylanta Gas, Mylicon) <p>NATURAL REMEDIES for heartburn, bloating and stomach:</p> <ul style="list-style-type: none"> •Herbs: Marshmallow root & Slippery Elm bark for heartburn Peppermint, Aloe Vera, Blond Psyllium & Ginger for nausea and bloating. •Natural Antacids: Papaya Enzymes, Solaray HCL with Pepsin •Oils: DoTerra - DigestZen
<p>Cough or cold</p>	<ul style="list-style-type: none"> •Guaifenesin, an expectorant (Hytuss, Mucinex, Naldecon Senior EX, Robitussin) •Dextromethorphan, a cough suppressant (Benlyn Adult, Robitussin Maximum Strength Cough, Scot-Tussin DM, Vicks 44 Cough Relief) •Guaifenesin plus dextromethorphan (Benlyn Expectorant, Robitussin DM, Vicks 44E) •Cough drops & Vicks VapoRub <p>Not safe to take: Cold remedies that contain alcohol. The decongestants pseudoephedrine and phenylephrine, which can affect blood flow to the placenta.</p> <p>NATURAL REMEDIES for cough or cold:</p> <ul style="list-style-type: none"> •Run a humidifier at while you sleep. •Steam Italian herbs, especially Oregano, to kill off bacteria and viruses. •Garlic: 1000-3000 mgs per day •Oils: DoTerra – On Guard, Deep Blue & Eucalyptus – breathing, lavender & Lemon. •Neti pot or saline nasal spray

	<ul style="list-style-type: none"> •Homeopathic: Pulsatilla for colds with runny nose & Spongia for hacking cough •Herbs: Peppermint & Ginger. Many other herbs are known uterine stimulants, so please avoid them. <p>High amounts of Echinacea and or Zinc should be avoided during pregnancy, as they cause an immune system response which could harm your baby.</p>
<p>Pain relief, headache, and fever</p>	<ul style="list-style-type: none"> •Acetaminophen (Anacin Aspirin-Free, Tylenol) <p>Not safe to take: Any other pain medications, especially ibuprofen which can cause your growing baby's heart valve to prematurely close and cause death.</p> <p>NATURAL REMEDIES for pain, headache & fever:</p> <ul style="list-style-type: none"> •Homeopathic: Kali Phos – headache & Belladonna - fever •Herbs: Chamomile •Oils: Lavender •Chiropractic adjustment and or acupuncture for pain relief & headache
<p>Allergy relief</p>	<ul style="list-style-type: none"> •Chlorpheniramine, an antihistamine (Chlor-Trimeton allergy tablets) •Loratadine, an antihistamine (Alavert, Claritin, Tavist ND, Triaminic Allerchews) •Diphenhydramine, an antihistamine (Banophen, Benadryl, Diphenhist, Genahist) <p>NATURAL REMEDIES for Allergies:</p> <ul style="list-style-type: none"> •Neti Pott •Dietary changes •Acupuncture •Herbs: low dose Grape seed extract (only if blood pressure is not usually high) •Oils: DoTerra - Deep Blue & Oregano (feet only) •Acupuncture
<p>Constipation, hemorrhoids, and diarrhea</p>	<ul style="list-style-type: none"> •Psyllium (Konsyl-D, Metamucil, Modane Bulk, Perdiem) •Polycarbophil (Equalactin, Fiber-Lax, FiberNorm, Konsyl-Fiber, Mitrolan) •Methylcellulose (Citrucel, Unifiber) •Other laxatives and stool softeners (Colace, Dulcolax, Maltsupex, milk of magnesia) •Hemorrhoid creams (Anusol, Preparation H, Tucks) • Loperamide, anti-diarrhea medication (Imodium, Kaopectate II, Maalox Anti-Diarrheal, Pepto Diarrhea Control) <p>NATURAL REMEDIES for Constipation:</p> <ul style="list-style-type: none"> •Prune juice and beets • Lots of water, vegetables, fruits and grains (especially wheat & oats) •Herbs: Raspberry leaf & Nettles <p>NATURAL REMEDIES for Hemorrhoids:</p> <ul style="list-style-type: none"> •Avoid pushing too hard when having a BM •Keep stools softer with your diet

	<ul style="list-style-type: none"> •Herbs: Witch hazel, Aloe Vera, Calendula & Blond Psyllium (All used topically on the hemorrhoid(s)) <p>NATURAL REMEDIES for Diarrhea:</p> <ul style="list-style-type: none"> •Herbs: Ginger •Keep up on fluids to avoid dehydration, ei: Pedialyte
Yeast infections	<ul style="list-style-type: none"> •Miconazole (Desenex, Femizol-M, Micatin, Monistat 3) •Tioconazole (Monistat 1, Vagistat 1) – use after 1st trimester Not safe to take: Certain antifungal products not listed here. Check labels carefully. <p>NATURAL REMEDIES for yeast overgrowth:</p> <ul style="list-style-type: none"> •Yogurt by mouth 3-6 cups per day, low sugar preferable •Acidophilus – probiotic 2 x a day @ 14 million •Garlic – 1000-3000 mgs per day •Gentian Violet internally, ask Midwife for more information •Homeopathic: AZO Yeast •Herbs: none known to be safe • Oils: Lavender •Acupuncture after infection has cleared
Insomnia	<ul style="list-style-type: none"> •Diphenhydramine (Benadryl, Maximum Strength Unisom SleepGels, Nytol, Sominex) •Doxylamine succinate (Unisom Nighttime Sleep-Aid) <p>NATURAL REMEDIES for Insomnia:</p> <ul style="list-style-type: none"> •Melatonin •Magnesium supplement •Chamomile tea - up to 2 cups per evening •Mama’s calm – up to 2 cups per evening • Regular exercise & naps •Herbs: none known to be safe •Chiropractic adjustment
Itching or rash	<ul style="list-style-type: none"> •Hydrocortisone (Cortaid, Lanacort) •Calendula cream
Infection	<ul style="list-style-type: none"> •Antibiotics (penicillin, amoxicillin, ampicillin, clindamycin, erythromycin, gentamicin, cefazolin) Not safe to take: Antibiotics not listed here, including Bactrim & Macrobid. <p>NATURAL REMEDIES:</p> <ul style="list-style-type: none"> •Oils: DoTerra – On Guard, Oregano (feet only) & Frankincense •Homeopathic: Belladonna •Herbs: Cinnamon, Cranberry, Grape Seed Extract (if blood pressure is never high) •Acupuncture after infection has cleared