

Common Problems and Remedies

Following is information regarding common problems during pregnancy and remedies that we recommend. However, if you are ever in doubt about the severity of your symptoms or have question about medications, please don not hesitate to contact the office immediately!

*NOTE: The remedies listed are all over the counter (OTC) - No prescription required!!
Please read and follow the directions as printed on the label unless otherwise directed by physician!!*

1. **INDIGESTION & HEARTBURN** -- Gaviscon, Mylanta, Maalox, and Tums
2. **CONSTIPATION** -- Fibercon, Citrucel and Milk of Magnesia
3. **SINUS CONGESTION & SINUS HEADACHES** -- Actifed, Sudafed, Benadryl, Tylenol Sinus and Dimetapp
4. **HEADACHES** -- Tylenol, Tylenol Cold & Sinus and Extra Strength Tylenol. Take these products only unless otherwise directed by your physician. **Under no circumstances should you take aspirin or any product that contains Ibuprofen.** Examples: Advil or Motrin. Questions concerning ingredients can be answered by your physician or by your pharmacist!!
5. **NASAL CONGESTION** -- Afrin Nasal Spray - Including the Afrin Saline Mist
6. **COUGH** -- Robitussin - Please read the label to choose the correct formula for your symptoms.
7. **HEMORRHOIDS** -- Anusol HC, Preparation H and Tucks Medicated Pads
8. **DIARRHEA** -- Immodium AD

THE FOLLOWING ARE ALSO COMMON PROBLEMS, BUT CAN BECOME COMPLICATED IF PROPER TREATMENT IS NOT IMPLEMENTED.

NAUSEA & VOMITING -- If only mild nausea and vomiting occur, Emetrol (OTC) can be used. Please read and follow the packaged directions. More severe and persistent cases may require medical attention. Please call the office for assistance.

Helpful Hints: Keep soda crackers at your bedside to eat upon awakening. Eat six (6) small meals a day, rather than three (3) large ones, to avoid getting an empty stomach. ([click here for a sample menu.](#))

CRAMPING -- Cramping is common in both early and late pregnancy. In early pregnancy you may cramp as the uterus grows. this is called round ligament pain as long as you are not having any vaginal spotting or bleeding that accompanies the cramping. There is no need to be alarmed. If you are uncomfortable or the cramping persists, please do not hesitate to contact the office. In later pregnancy, cramping is usually associated with false labor - in which case you would need to call the office for further assistance.

SWELLING -- You may experience swelling of the hands and feet later in pregnancy. It is best to keep your feet elevated as much as possible. Other measures to reduce swelling - Reduce salt intake!! Avoid salting your food, avoid canned (processed) foods (soups, vegetables and sauces) and luncheon meats. All of these are high in sodium and will cause water retention!! If swelling is accompanied by a headache, dizziness or spots before your eyes, please call the office.

FINALLY, ALWAYS CHECK WITH THE OFFICE FOR FURTHER INFORMATION NOT LISTED HERE. FAR ANY UNANSWERED QUESTIONS OR BEFORE TAKING ANY

MEDICATION THAT IS NOT PREVIOUSLY LISTED!

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