

Lifeline Medical Associates  
West Long Branch OB/GYN

**Nausea/Vomiting:** Crackers, bread or plain water. Avoid fats, caffeine and stop prenatal vitamins until symptoms subside. If you are unable to keep fluids down, call the office.

**Heart-Burn:** Avoid caffeine/peppermint; use Tums, regular Mylanta, or regular Maalox

**Gas:** Use Gas X or Mylicon

**Constipation:** Increase fluids (8 oz. Every 2-3 hours), increase fruits and vegetables. You may use Colace stool softener 2-3 times daily or fiber based laxatives (psyllium, Metamucil, benefiber, Citrucel) as directed on label.

**Hemorrhoids:** Use warm sitz bath, Preparation-H, or Anusol

**Backache:** Take Tylenol (2 tablets every 4-6 hrs. as needed), warm compresses. You may see a chiropractor.

**Headache:** Take Tylenol (2 tablets for a total of 1000 mg. every 4-6 hrs. as needed), if symptoms are not resolved after two doses, call the office. **Do not use aspirin.**

**Sore Throat:** Warm water and salt gargle, chloraseptic spray, cough drops

**Cough:** Plain Robitussin (as directed on label), cough drops

**Congestion:** Sudafed tablets (as directed on label), Mucinex-D, Tylenol Cold

**Vaginal Itching/Yeast Infection:** Monistat 7 (over-the-counter cream), insert applicator half way (call office if no improvement), gyne-lotrimin cream

**Diarrhea:** Kaopectate, Imodium AD tablets

**Allergies:** Claritin-D, saline nasal spray, Flonase nasal spray (prescription), Benadryl

**Motion Sickness:** Benadryl, Dramamine

**Pinworm:** Vermox 100mg, 1 chewable tablet, one time (use after 1<sup>st</sup> Trimester)

Erythromycin is safe in pregnancy.

If symptoms persist you must call the office,

For any other symptoms please feel free to call and speak with an office nurse or physician.

**If you experience spotting, bleeding, or cramping you must notify the office.**