

## MEDICATION USAGE DURING PREGNANCY



Phone: (907) 357-7781 Fax: (907) 357-7786

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	<p>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</p>
Cold Symptoms	<p>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</p>
Diarrhea	<p>Ensure adequate hydration and avoid dehydration                      Ginger essential oil                      Ginger Tea                      Kaopectate</p>
Stool Softener	<p>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</p>
Hemorrhoids	<p>Keep stool soft (see above)                      Drink 6-8 glasses of water per day                      Witch hazel pads                      Tucks                      Preparation H</p>
Heartburn	<p>Small, frequent meals                      Calcium-Magnesium (Liquid)                      Papaya enzymes/digestive enzymes                      Tums                      Maalox                      Mylanta</p>

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