

Common Complaints	of Pregnancy
<p><u>Backache OTC Meds/ Remedy</u></p> <ul style="list-style-type: none"> - Decrease lifting - Get plenty of rest - Maternity support hose (85 Denier strength) - Tylenol (as directed on label) - Use proper body mechanics - Wear low-heeled shoes 	<p><u>Cold/Sinus OTC Meds</u></p> <p>Use as directed on label:</p> <ul style="list-style-type: none"> - Actifed - Benadryl - Dimetapp - Normal saline drops - Sudafed - Claritin - Zyrtec
<p><u>Cough OTC Meds (as directed on label)</u></p> <ul style="list-style-type: none"> - Chloraseptic Throat Spray - Cough drops - Robitussin DM or plan 	<p><u>Constipaton (as directed on label)</u></p> <ul style="list-style-type: none"> - Colace - Dulcolax Suppositories - Increase fiber & fluids (especially water) - Milk of magnesia - Miralax
<p><u>Diarrhea (as directed on label)</u></p> <ul style="list-style-type: none"> - Kaopectate - Imodium - Avoid dairy, sweets, & fatty foods 	<p><u>Edema</u></p> <ul style="list-style-type: none"> - Decrease sodium in diet (salt) - Increase water in diet - Maternity support hose(85 Denier strength) - Rest on left or right full lateral positions
<p><u>Heartburn</u></p> <ul style="list-style-type: none"> - Avoid caffeinated beverages - Avoid fatty foods - Avoid lying down after eating - Eat small, frequent meals daily - Low sodium antacids - Pepcid - Tums or Roloids 	<p><u>Hemorrhoids</u></p> <ul style="list-style-type: none"> - Anusol HC Cream - Preparation-H Ointment - Tucks pads - Avoid straining with bowel movements, may need stool softner
<p><u>Leg Cramps-Meds/Remedy</u></p> <ul style="list-style-type: none"> - Apply heat to muscles (heating pad or soak in warm bath) - Increase calcium in diet (milk, Tums, etc.) - Increase potassium in diet (bananas) - Calf stretching exercises before bed 	<p><u>Nausea/Antiemetic-Meds/ Remedy</u></p> <ul style="list-style-type: none"> - Avoid fatty foods - Avoid lying down after eating - Eat small, frequent meals - Chilled beverages (sips at a time) - Emetrol - Dramamine tablets - Unisom, ½ tablet and vitamin B6, 25 mg/tab
<p><u>Nosebleeds</u></p> <ul style="list-style-type: none"> - Apply nasal pressure - Check Hgb 	<p><u>Pain</u></p> <ul style="list-style-type: none"> - Regular strength Tylenol - Extra strength Tylenol
<p style="text-align: center;"><u>Yeast Infections</u></p> <p>-Monistat Topical Cream- < 12 wks gestation - Mycelelex-7 Cream -Monistat Vaginal Applicators-> 12 wks gestation</p>	