

Caring for Illness in Pregnancy

- Try to avoid medication use in the first trimester (first 12 weeks of pregnancy)
- Use products as directed on the label; if you need help, ask the pharmacist to help you
- Don't hesitate to call our office if you need further instructions about what to do – **802-888-8100**
- For more detailed information about safe medications in pregnancy:
 - MotherToBaby: Medications and More During Pregnancy and Breastfeeding <https://mothertobaby.org/>
 - FDA: Medicine and Pregnancy <https://www.fda.gov/ForConsumers/ByAudience/ForWomen/ucm118567.htm>

What To Do Before Taking Medicine	If You Need To Take Medicine
Allergies	
<ul style="list-style-type: none"> • Try all things listed under colds and coughs. • Eat local honey 	<ul style="list-style-type: none"> • Use an antihistamine like Benadryl, Zyrtec, Claritin or Allegra.
Colds and Coughs	
<ul style="list-style-type: none"> • Get plenty of rest. • Wash your hands often. • Cover your cough. • Drink lots of fluids (Think 2-3L per day!) • Gargle with warm salt water for a sore throat. • Vitamin C - max 1000mg per day • Echinacea (no goldenseal) • Drink honey and lemon tea for sore throat, cough and cold • Rub Vicks Vapor Rub or Tiger Balm on your chest and throat • Nasal saline spray or Neti Pot and Breathe Right strips for stuffy nose • Humidifier or Vaporizer (change water daily) 	<p><u>General aches and pains:</u> Take acetaminophen (Tylenol, Extra Strength Tylenol)</p> <ul style="list-style-type: none"> • Do not take more than 4000mg of acetaminophen in 24 hours. • If you are taking this medication frequently, talk to your midwife. • Avoid aspirin, ibuprofen (Motrin) and naproxen in pregnancy, unless prescribed by provider, due to risk of bleeding complications <p><u>Stuffy nose:</u> Each of these medications are very drying - use as a last resort.</p> <ul style="list-style-type: none"> • Chlorpheniramine (Chlor-Trimeton) or Pseudoephedrine (Sudafed). • Oxymetazoline spray (Afrin or Vicks Sinus) if no improvement, stop after 3 days of use. <p><u>Cough:</u> start with cough drops</p> <ul style="list-style-type: none"> • Guaifenesin/dextromethorphan (Robitussin DM) • Tylenol Cold <p><u>Sore throat:</u> Cloraseptic spray</p>
Headaches	
<ul style="list-style-type: none"> • Drink lots of fluids (Think 2-3L per day!) • Eat something with protein every 2-3 hours • Neck and shoulder massage or acupuncture • Get plenty of rest • Reduce your stress level, add daily exercise • Warm rice sock/compress 	<ul style="list-style-type: none"> • Take acetaminophen (Tylenol, Extra Strength Tylenol) • Magnesium Oxide or Magnesium Glycinate 400-500mg daily • Try 1-2 cups of caffeine, avoid in afternoons and evenings
Diarrhea	
<ul style="list-style-type: none"> • Try the BRAT diet (bananas, white rice, applesauce, toast) • Avoid dairy for at least 24 hours • Increase fluids • Try Pedialyte or Gatorade 	<ul style="list-style-type: none"> • Kaopectate or Imodium (only for first 24 hours) • If having diarrhea longer than 24 hours, call your midwife <p>Other GI upsets (constipation, hemorrhoids, heartburn), see handout "How Your Body Changes" for tips</p>
Difficulty Sleeping	
<ul style="list-style-type: none"> • Have a bedtime routine: Read before bed, avoid screens, try a warm bath <p>Address the cause:</p> <p><u>Mind racing</u> – try meditation app or lavender oil</p> <p><u>Restless legs</u> – try magnesium, massage and stretching</p> <p><u>Up often to urinate</u> – limit fluid intake after 5pm</p> <p><u>Heartburn</u> – See handout "How Your Body Changes" for tips</p>	<ul style="list-style-type: none"> • Tylenol PM, Benadryl, Unisom • Melatonin 3mg