



**Integrated**  
**WOMEN'S WELLNESS**  
 &  
**CENTER FOR BIRTH**

**MEDICATION USAGE DURING PREGNANCY**

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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 be entirely known. This is why we feel a drug should not be taken unless it is absolutely necessary.

Pain Relief	Muscle aches, headaches: For headaches, ensure adequate hydration (half your body weight in ounces of water). Peppermint, Lavender or "Pan Away" (Young Living brand) essential oil. Chiropractic Care Therapeutic Massage
Cold Symptoms	Netti-pot (to alleviate nose and sinus congestion) Warm salt-water gargles Normal Saline nose spray Peppermint essential oil, to clear congestion Cough Drops Throat Spray Sudafed Benadryl Robitussin (Plain) Increase garlic and Vitamin C intake, to help body's defense system

Diarrhea	<p>Ensure adequate hydration to avoid dehydration</p> <p>Ginger essential oil</p> <p>Ginger tea</p> <p>Kaopectate</p>
Stool Softener	<p>Drink 6-8 glasses of water per day</p> <p>Diet high in fiber- fruit, bran, prunes, and prune juice are especially recommended</p> <p>Calcium-Magnesium (Liquid)</p> <p>Increase Vitamin C (to bowel tolerance)</p> <p>Colace</p>
Hemorrhoids	<p>Keep stools soft (see above)</p> <p>Drink 6-8 glasses of water per day</p> <p>Witch Hazel pads</p> <p>Tucks</p> <p>Preparation H</p>
Heartburn	<p>Small, frequent meals</p> <p>Calcium-Magnesium (Liquid)</p> <p>Papaya enzymes/digestive enzymes</p> <p>Tums</p> <p>Maalox</p> <p>Mylanta</p>

**Please do not hesitate to call us if you have questions about any other over-the-counter medications.**