

Home Remedies and Over-the-Counter Medications for Common Ailments

A good resource on herbs and medications in pregnancy is MotherToBaby, service of the Organization of Teratology Information Specialists (OTIS). Call: 1-866-626-6847, text: 855-999-3525. Online information and chat: mothertobaby.org.

Seasonal allergies	Steamy shower before bed, Nasal rinse (Neti pot or Neil-Med) daily, change linens frequently. Claritin, Benadryl, Zyrtec are all considered safe and available without prescription.
Fever >100.4	Tylenol, no more than 3g/day; Drink lots of fluids, lots of rest, call CNM if Tylenol doesn't help, or if possible flu exposure.
Colds/Cough	Rest, increase fluids, wash your hands frequently Echinacea 1-2 times daily-limit to 1 week at a time; Vit C -1000mg/day (Emergen-C) Vapor rub or essential oil on chest or feet; Nasal rinse (Neti pot or Neil-Med) may help. Gargle salt water for sore throat. Guaifenesin (Mucinex), Robitussin, Cepacol spray, lozenges are safe. Colds can last 7-10 days, call CNM if prolonged.
Constipation	Drink 3-4 liters of fluid daily. Eat fresh fruits, veggies and whole grains. Metamucil/Citrucel/psyllium to increase bulk, take with LOTS of water. Exercise daily. Raise feet on stool when having bowel movement. Colace (docusate sodium) 100mg 1-3x/day softens BM. Magnesium 400mg/day/Epsom salts baths daily. Do not take laxatives without talking to CNM.
Hemorrhoids	Use moist wipes, epsom salt compresses, witch hazel pads daily. Anusol suppositories or preparation H 3/day are safe for application. Avoid constipation and diarrhea
Diarrhea	Rest intestines (don't eat) for 24 hours, but stay hydrated by sipping water or electrolyte drinks (pedialyte). Rest; stay home from work. Try to let body clear the infection, but if concerned about dehydration can try Imodium or Kaopectate. Call if symptoms last more than a day or feeling faint from dehydration.
Heartburn Indigestion	Avoid drinking with meals, drink in between. Eat small meals frequently. Do not lay down after eating. Papaya enzyme or organic apple cider vinegar (1 tsp in warm water 3x/day) can help. Tums, Maalox, Mylanta, Roloids, Zantac, Pepcid, Tagamet are all ok, follow directions on package. Call if taking TUMS more than 4x/day without improvement.
Headache	Drink 3-4 liters per day, rest, eat protein every 2 hours, and avoid sugars. Use warm pack to neck, massage, and shower/bath. Caffeine and Tylenol may help, can try Benadryl if associated with allergies. Call if no relief with treatment, or if vision changes occur.
Insomnia	Exercise during day (not before bed), avoid caffeine, avoid screen time 1-2 hours prior to bedtime. Try relaxation exercises at bedtime. Can take herbal tea such as chamomile or passionflower. Valerian root and melatonin in limited amounts. Magnesium supplement 400mg/day. Benadryl or Tylenol PM may help. Call if anxiety or depression are associated.
Nausea/vomiting	Crackers/toast before rising, eat protein throughout day and snack at night. Avoid greasy/spicy food Peppermint tea or leaf, ginger ale, ginger chews, ginger tea, acupuncture bands, chiropractic care. Vitamin B6 (50mg 3 times/day), combine with Unisom at bedtime. Call for concerns of dehydration.
Rash	Look for cause and eliminate exposure if possible. Benadryl tablet and/or Hydrocortisone ointment May help. Call clinic if associated with fever or rash is worsening.
Vaginal Infections	Avoid douching with commercial douches. Use cotton underwear, and no underwear at night. Yeast: Increase probiotics in diet; yogurt, kefir, fresh vegetables. Take probiotic capsules daily. Use the 7 day course of Monistat or store-brand equivalent. Bacterial Vaginosis: same as for yeast, but do not use Monistat. If no improvement call clinic to make appointment.
Dizziness	Eat protein regularly throughout day, drink 3-4 liters fluid per day till urine clear or light yellow.
Swollen Legs	Raise legs above hips when at rest, drink lots of water, increase protein, wear support hose, stay active. Can float in pool. Call CNM if associated with severe headache, visual changes.
Leg Cramps	Stretch legs and point toes toward head (flex feet). Increase magnesium 500mg/day, eat banana daily. Decrease processed meats (phosphorus).