

Tips & Tricks for Common Minor Illnesses in Pregnancy

Nausea and vomiting

(Less than 4 times per day)

- Bland foods, avoid sugars and fats, limit dairy products
- Take fluids in small sips between meals
- Lemonade
- ½ tab of Unisom at bedtime, Vitamin B6 50 mg in the A.M.
- Ginger Tea (decaffeinated) or crystallized (candied) ginger
- “Sea-Bands” acupressure wrist bands
- Review with your Physician

(More than 4 times per day)

Headache

(Non-severe)

- **Drink more water**
- Eat frequent nutritious snacks
- Acetaminophen (Tylenol) *2 regular strength tablets every 4-6 hours, or 2 extra strength tablets every 6 hours as needed, do not exceed 4000mg/24 hours.
- Try to rest
- Accompanied by other symptoms such as confusion, disturbances in vision, speech, sensation, or muscle strength:
contact your physician immediately or seek emergency care

(Unusually severe)

Cough/Cold symptoms

- **Drink 3 quarts of water daily**
- Cool mist humidifier
- Heated, gel-filled facial mask over sinuses
- Vitamin C 500 mg 2-3 times a day
- Garlic capsules, two every 4 hours
- Honey and lemon mix, one tsp. each
- Ocean Nasal spray
- Robitussin DM
- Sudafed PE (phenylephrine) before and after 12 weeks of pregnancy
- Regular Sudafed (pseudoephedrine) after 12 weeks of pregnancy.
- Acetaminophen (Tylenol), *dosing as above. Be aware that many cough/cold preparations may contain acetaminophen as well.
- **DO NOT** take Echinacea during pregnancy
- See your PCP if fever, productive cough, or sore throat persist.

Heartburn/Indigestion

- Eat small, frequent meals
- Do not lay flat for 1-2 hours after eating; elevate head of the bed with pillows or risers
- Try chamomile or fennel tea
- Increase dietary fiber
- Avoid sugary/fatty/acidic foods & drinks, chocolate and peppermint can worsen symptoms. Avoid milk or citrus on an empty stomach
- TUMS or liquid antacids (NOT Pepto Bismol) can help, but do not take any other medication within one hour of taking a chalky antacid. If symptoms persist, take 150mg of Zantac (ranitidine) every 12 hours, to reduce acid production, and consult your PCP if this does not help.

Constipation

- **Drink at least 10 glasses of fluid each day**
- Follow meals with a warm drink and walk around
- Eat more grains, leafy greens, fresh & dried fruits, but AVOID apples & bananas
- Eat less starchy foods and hard cheeses
- Try fiber supplements or senna tea.
- Colace (docusate sodium, a stool softener) can be taken up to three times a day with meals