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Ob/Gyn

**SAFE REMEDIES AND MEDICATIONS
DURING PREGNANCY**

For Headaches:

If bed rest does not help, Try using Tylenol or Extra-Strength Tylenol.

For Heartburn or Indigestion:

Mylanta, Maalox, Gaviscon, Roloids, Tums, Tagamet, Pepcid, Zantac, or Low Sodium Riopan.

For Nausea or Morning Sickness:

If soda-crackers or light foods are NOT effective, try using Emetrol (over the counter).

For Constipation:

First make sure you are drinking at the least 4 glasses of water a day. Colace, Dulcolax tabs, Metamucil, or Smooth Move Tea.

For Diarrhea:

Kaopectate, Pepto Bismal

For Nasal Congestion or Post-Nasal Drip:

Sudafed or Actifed Regular or Cold and Sinus formula may be used.

For Chest Congestion or Cough:

Robitussin or Robitussin DM

For Allergies:

Claritin or Allegra

Aside from these listed remedies, and your prescribed vitamins and Lurid tablets, DO NOT use any other medication, therapies, or remedies without first consulting Dr. Mandelman.