



Treating Pregnancy Symptoms

During your pregnancy, you may have some symptoms that you can treat at home with over the counter medications or home treatments.

Symptom	Treatment
Nausea, Vomiting	Upon waking eat a few crackers or dry toast. After 20 minutes try sips of ginger ale, hot tea or Sprite. If you begin to feel better, try drinking more fluids and eat small frequent meals, and avoid fatty foods. If you are still nauseated,
Allergies	Use one of these over-the-counter medications: Benadryl, Claritin or Zyrtec
Backache	Intermittent heating pad, massage, stretching exercises. Call your provider if the pain persists.
Common Cold	Chicken soup, juice, water or other fluids, Tylenol and most importantly-Rest
Constipation	Increase water and fiber intake, decrease fatty foods. Take Metamucil, Colace, Milk of Magnesia or Fibercon. Eat whole wheat cereal, toast, crackers, granola bars, fresh fruit, beans, peas & lentils.
Cough	Take Robitussin and Robitussin DM. Increase your fluid intake.
Diarrhea	Keep up with your fluid intake and take Immodium or Kaopectate.
Fever, Aches	Take Tylenol Extra Strength, Tylenol and call your provider if your temperature is greater than 100.5 degrees
Headache	Take Tylenol Extra Strength, Tylenol and call your provider if your headache is severe
Heartburn	Sit up after eating, take Tums or Rolaids, Maalox, Mylanta, Zantac or Pepcid AC
Hemorrhoids	Tuck pads, Anusol (HC or plain) or Preparation H
Insomnia	Drink Chamomile tea, take Benadryl or read
Nasal Congestion	Afrin nasal spray, saline nasal drops, Sinus rinse, Sudafed, Actifed
Sore Throat	Throat lozenges, warm salt water gargle, Chloraseptic Spray. Call your provider if symptoms persist for more than 2 days.