

Cold/Allergy: Avoid use of products with phenylephrine until after 12 weeks.

- Loratadine (Claritin)
- Diphenhydramine (Benadryl, Dramamine)
- Guaifenesin (Mucinex, Robitussin)
- Dextromethorphan (Robitussin, Zicam, Delsym)
- Saline Nasal Spray
- Cough Drops

Constipation:

- Increase fiber, fluids, exercise
- Docusate (Colace)
- Fiber supplements

Diarrhea:

- Loperamide (Imodium)

Headache/Aches/Pains:

- Acetaminophen, regular or extra strength (Tylenol) Max of 4000mg/day

Heartburn:

- Calcium carbonate (Tums)
- Simethicone (Mylanta, Maalox, Gas-X)
- Ranitidine (Zantac)
- Famotidine (Pepcid)

Hemorrhoids:

- Anusol
- Tucks
- Preparation H
- Witch Hazel

Nausea/Vomiting:

- Vitamin B6, Doxylamine
- Sleep: Unisom, Tylenol PM,

Sleep:

- Doxylamine (Unisom)
- Acetaminophen PM (Tylenol PM)

- Diphenhydramine (Benadryl)
- Diphenhydramate (Dramamine)

Yeast Infection:

- Miconazole (Monistat 7 day)
- Clotrimazole (Mycelex, Gyne Lotrimin)