

Common Complaints During Pregnancy

Complaint	First Try	Then Try	Finally Try
Constipation	<ul style="list-style-type: none"> › Diet Changes (more fiber) › Exercise › Increase fluids › Prune juice 	<ul style="list-style-type: none"> › Aloe Vera › Vitamin C › Garlic (orally) › Sugar Free candies/cookies with Sorbitol (max 20 grams) › "Smooth Move" senna tea 	<ul style="list-style-type: none"> › Metamucil powder › Benefiber › Adjust Iron suppliments (discuss with me first) › Colace
Heartburn	<ul style="list-style-type: none"> › Papaya (any form) › Aloe Vera (oral) › Smaller meals › Diet Changes (SEE HANDOUT) 	<ul style="list-style-type: none"> › Tums › Maalox › Mylanta 	<ul style="list-style-type: none"> › Pepcid AC › Zantac
Headaches	<ul style="list-style-type: none"> › Low lights › Increase fluid intake › Reduce Stress › Massage › Moderate Caffeine › Lavender aromatherapy 		<ul style="list-style-type: none"> › Tylenol (Acetaminophen) <p>AVOID ALL OTHER PAIN RELIEVERS!</p>
Hemorrhoids	<ul style="list-style-type: none"> › Soft stool › Replace them with your finger › Witch Hazel (Tucks?) › Raw Potato Compress 	<ul style="list-style-type: none"> › Anusol HC Ointment › Preparation H 	
Nausea/Vomiting	<ul style="list-style-type: none"> › Food-based prenatal vitamin › Small Meals FREQUENTLY › Avoid greasy foods › Ginger, Peppermint, or Lemon › Vitamin B6 & B12 › Eat before rising in the morning › "Sea Bands" wristbands 	<ul style="list-style-type: none"> › Salty foods such as Pickles or Baked Potato Chips › Benadryl › Dramamine 	<ul style="list-style-type: none"> › Zofran (prescription) › Phenergan (prescription)
Cold/Flu	<ul style="list-style-type: none"> › Vitamin C & Zinc › Echinacea › Up fluid intake › Grapefruit Seed Extract 	<ul style="list-style-type: none"> › Ricola Lozenges – Any › Vicks Vapor Rub › Chloraseptic Throat Spray 	<ul style="list-style-type: none"> › Contac (any) › Sudafed › Tylenol Cold › Robitussin (plain or DM) › Benadryl Cough Syrup › Vicks Cough Drops
Stuffy Nose	<ul style="list-style-type: none"> › Increased fluids › Steam Baths › Saline Nasal Drops › "Rice Sock" over the face 	<ul style="list-style-type: none"> › Vicks Vapor Rub › Menthol Lozenges › "Breathe Right" nasal strips 	<ul style="list-style-type: none"> › Benadryl › Claritin › Sudafed › Chlor-Trimeton
Backache	<ul style="list-style-type: none"> › Adjust posture › Increase fluid intake › Exercises › "Rice Sock" on back 	<ul style="list-style-type: none"> › Massage › Hot bath/spa (under 102*) › Chiropractic Care 	<ul style="list-style-type: none"> › Tylenol
Leg Cramps	<ul style="list-style-type: none"> › Foot Dorsal-flex exercise › Increased fluids › Avoid standing long periods › Exercise › Eat bananas 	<ul style="list-style-type: none"> › CalMag Supplement › Reduce phosphorus in your diet (found in lunch meat, snack foods, and soda) 	