

A word about Herbs in Pregnancy

Most herbs have not been extensively tested for their safety in pregnancy.

Please use them with the same caution as you would prescription medications.

Common herbs that should be AVOIDED while pregnant include:

Pennyroyal

Blue or Black Cohosh

Echinacea

Licorice Root

Goldenseal

Ginseng

Dong Qui

Ephedra

Kava Kava

Feverfew

Senna

Wondering if that Medication is Safe?

Find out at the Mother to Baby California:

1-866-626-6847

<https://affiliates.mothertobaby.org/california/>

Open Door Clinics Offering prenatal services

NorthCountry Prenatal Services

3800 Janes Road, Suite #101

Arcata, CA 95521 • (707) 822-1385

Open Door Women's Health Center

3798 Janes Rd Suite #5

Arcata, CA 95521 • (707) 825-7588

Redwood Community Health Center

2350 Buhne Street, Suite A

Eureka, CA 95501 • (707) 443-4593

Fortuna Community Health Center

3750 Rohnerville Road

Fortuna, CA 95540 • (707) 725-4477

Medications In Pregnancy

PRENATAL SERVICES

Common Discomforts in Pregnancy

Discomfort...	Try This First...	If that doesn't work...
Nausea	Eat small frequent meals (every 2 hours) Try high protein snack Vitamin B6 (50 mg in am, 25 mg at night) Unisom Doxylamine (1 pill at bedtime) Chewable ginger or ginger tea	- Please call the clinic if you are experiencing uncontrollable vomiting or if you feel you are becoming dehydrated - In extreme cases, prescription medications can be provided to help manage vomiting
Headache	Acetaminophen (as directed on the bottle) Magnesium (2-4 pills a day) Increase fluids, eat a balanced diet	- Do not take more than 4000 mg of acetaminophen in 24 hours - Decrease magnesium if you get diarrhea
Heartburn	Tums (up to 6 per day) W Papaya enzymes with each meal Try to stay upright after eating for 30 minutes Avoid big meals and eating late at night	- In extreme situations, a prescription may be available
Constipation	Increase fluid intake to 2-3 liters per day Increase fruits and vegetables in your diet Increase exercise (daily walks) Try stir in fiber (like Metamucil) daily Prune Juice (1/2 warm cup in the am) Magnesium (1-4 pills per day)	- Please call the clinic if you have not had a bowel movement in more than 3 days - Avoid over the counter laxatives - Avoid herbal laxatives - Decrease magnesium if you get diarrhea
Fever	Acetaminophen (as directed on the bottle) Increase fluids to 2 liters/day Increase rest	- Do not take more than 4000 mg of acetaminophen in 24 hrs - Call the clinic if your fever is more than 100.4
Head Cold/Nasal Congestion	Benadryl as directed on the bottle Claritin can be taken for allergy symptoms Robutussin can be used sparingly if needed Neti pot or facial steam (1-3 times a day)	- It is best to take Benadryl only as needed for as short a time as possible, especially in the first trimester
Sore Throat	Salt water gargles 3-5 times a day Hot water with lemon and honey	-Please call the clinic if you also have a fever
Insomnia	Calcium Magnesium pill before bed Unisom Doxylamine (1 pill before bed) Warm shower or bath before bedtime Try to exercise daily	
Leg Cramps	Calcium-Magnesium supplement Walk and stretch daily	
Itching	Aveeno oatmeal baths Benadryl as directed on package as needed	- Over the counter Hydrocortisone cream can be safely used during pregnancy as needed
Low Back Pain	Exercise such as swimming or yoga Maternity support belt (available in clinic)	- Apply warm pack to lower back 15 minutes daily