

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:

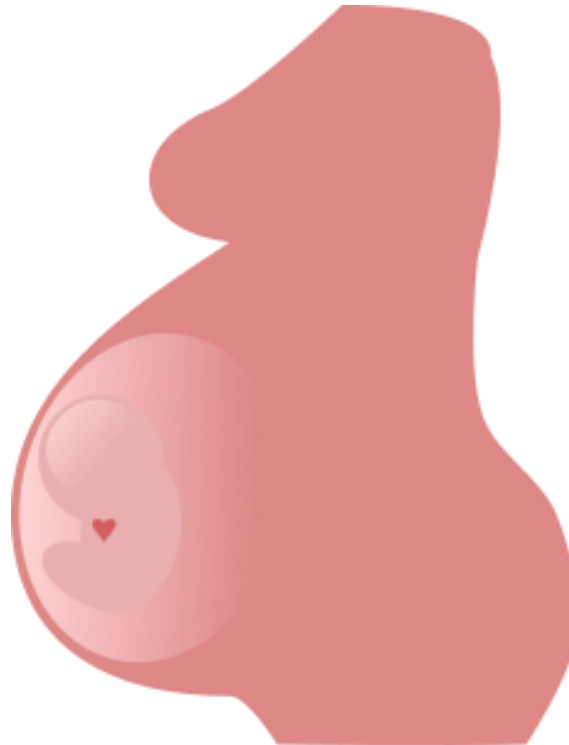
- Pennyroyal
- Blue or Black Cohosh
 - Echinacea
- Licorice Root
- Goldenseal
 - Ginseng
- Dong Qui
- Ephedra
- Kava Kava
- Feverfew
- Senna

Wondering if that Medication is Safe?

Find out at the Mother to Baby California:

1-866-626-6847

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



Medications In Pregnancy



NorthCountry Prenatal Services
3800 Janes Road, Suite 101, Arcata, CA
95521
Phone: 707-822-1385/Fax: 707-825-8203
Hours: Mon thru Fri 8:00am - 5:00pm

Common Discomforts in Pregnancy

| Discomfort... | Try This First... | If that doesn't work... |
|----------------------------|--|---|
| Nausea | <ul style="list-style-type: none"> - 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 | <ul style="list-style-type: none"> - 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 | <ul style="list-style-type: none"> - Acetaminophen (as directed on the bottle) - Magnesium (2-4 pills a day) - Increase fluids, eat a balanced diet | <ul style="list-style-type: none"> - Do not take more than 4000 mg of acetaminophen in 24 hours - Decrease magnesium if you get diarrhea |
| Heartburn | <ul style="list-style-type: none"> - Tums (up to 6 per day) - Papaya enzymes with each meal - Try to stay upright after eating for 30 minutes - Avoid big meals and eating late at night | <ul style="list-style-type: none"> - In extreme situations, a prescription may be available |
| Constipation | <ul style="list-style-type: none"> - 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) | <ul style="list-style-type: none"> - 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 | <ul style="list-style-type: none"> - Acetaminophen (as directed on the bottle) - Increase fluids to 2 liters/day - Increase rest | <ul style="list-style-type: none"> - 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 | <ul style="list-style-type: none"> - 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) | <ul style="list-style-type: none"> - It is best to take Benadryl only as needed for as short a time as possible, especially in the first trimester |
| Sore Throat | <ul style="list-style-type: none"> - Salt water gargles 3-5 times a day - Hot water with lemon and honey | <ul style="list-style-type: none"> - Please call the clinic if you also have a fever |
| Insomnia | <ul style="list-style-type: none"> - Calcium Magnesium pill before bed - Unisom Doxylamine (1 pill before bed) - Warm shower or bath before bedtime - Try to exercise daily | |
| Leg Cramps | <ul style="list-style-type: none"> - Calcium-Magnesium supplement - Walk and stretch daily | |
| Itching | <ul style="list-style-type: none"> - Aveeno oatmeal baths - Benadryl as directed on package as needed | <ul style="list-style-type: none"> - Over the counter Hydrocortisone cream can be safely used during pregnancy as needed |
| Low Back Pain | <ul style="list-style-type: none"> - Exercise such as swimming or yoga - Maternity support belt (available in clinic) | <ul style="list-style-type: none"> - Apply warm pack to lower back 15 minutes daily |