

Daniel R. Bourque, M.D. or Jennifer B. Pugliese, M.D.
 1460 S. College Rd.
 Lafayette, La 70503

Phone: (337) 234-3344

Fax: (337) 234-3352

Recommendations for Common Problems in Pregnancy

Indication	Medicine
Constipation	No Laxatives - You may use Milk of Magnesium only once then try stool softeners such as Surfak, Doxidan, Colace, Senekot, Metamucil, or Citrusil. Increase fluids, bran, fruits & vegetables in diet. Prune or apple juice. 8 glasses of water per day. Avoid constipating foods such as cheese, chocolate & rice.
Cough/Cold Symptoms	Saline nasal spray, Zicam or Pediatric Afrin only. Tylenol Sinus, Tylenol Cold or Sudafed. Robitussin (plain), Delsym, or Cough Drops. Vapor Rub or Cool mist vaporizer. Force fluids to loosed secretions *If a sinus infection should develop and another physician is seen, call this office to have any prescribed medications approved. Amoxil and Erythromycin are okay in pregnancy provided you are not allergic.
Dermatitis	Only after 1st trimester can you use steroid creams (Periactin over Benadryl)
Diarrhea	Kaopectate or Imodium AD (as directed on label) Call if symptoms persist
Headache/Pain Relief	No Ibuprofen Tylenol Extra Strength is okay
Hemorrhoids	Preparation H with Hydrocortisone or Tucks
Indigestion/Gas	Tums/Roloids, Maalox/Mylanta, Gelusil/Gaviscon, Riopan/Pepcid, AC/Zantac
Nausea/Vomiting	Emetrol as directed on label, Sea Bands (wrist bands), Keep meals small, frequent & simple. Avoid fried greasy foods, Try dry toast, crackers or plain popcorn. Note: Going without food for too long aggravates nausea.
Yeast Infection	No Protostat Gyne-Lotrimin, Monistat, or Yogurt with activated cultures. Avoid tight underclothing and heat.