



All medications carry a warning about use in pregnancy. Those listed below are thought to be as safe as possible. **Do not use herbs or supplements unless approved by Dr. Kunda.**

Allergies: Benadryl, Sudafed, Tavist, Claritin, Zyrtec (If you have high blood pressure please call the office and ask to speak with a nurse)

Congestion: Sudafed, Actifed, Benadryl, Tylenol Cold, Robitussin

Constipation: Fiber, bran, fruit, prunes, prune juice, increase fluids, Metamucil
Dulcolax, Surfax, Milk of Magnesia

Cough: Robitussin DM, Mucinex DM

Diarrhea: Imodium AD, drink a lot of water. You may also use the
“BRATT” diet- bananas, rice, applesauce, toast, tea, and yogurt

Headache or Fever: Tylenol (No Ibuprofen, Advil, Motrin or Aleve)

Heartburn, Indigestion: Mylanta, Maalox, Tums, Roloids, Pepcid, Zantac 75mg.
(twice a day), or Prilosec

Hemorrhoids: Anusol HC cream, Tucks, or Preparation H

Insomnia: Benadryl or Tylenol PM

Muscle Cramps: Calcium 2,000mg. per day, one banana a day, & Magnesium (any
kind) twice a day

Nausea: Benadryl or Unisom, ginger, peppermint, Vitamin B6 (50-100mg) twice
a day. “BRATT” diet- bananas, rice, applesauce, toast, and tea

Nose Bleeds: Ocean Spray brand nasal spray

Sore Throat: Chloraseptic spray, Cepacol lozenges, salt water gargles

Vaginal Yeast: Eat plain yogurt 2-3 times a day (plain, no fruit or sugar)

Note: Avoid Aspirin, Alka Seltzer, Pepto Bismal, laxatives and diuretics