

Natural Remedies and Safe Over-the-Counter Medications

CARE INSTRUCTIONS

These natural remedies and over-the-counter medications are generally safe to use for minor health problems while you're pregnant.

Symptoms	Natural remedies	Over-the-counter medications
Headache	<ul style="list-style-type: none"> • Massage • Rest • Cool washcloth on forehead 	<ul style="list-style-type: none"> • Acetaminophen (such as Tylenol®). Do <i>not</i> take aspirin or ibuprofen (such as Motrin®, Advil®, Nuprin®, or Medipren®)
Cold	<ul style="list-style-type: none"> • Rest • Drink plenty of liquids • Use a vaporizer, humidifier, or shower for nasal congestion 	<ul style="list-style-type: none"> • Acetaminophen (such as Tylenol®) for aches and fever • Pseudoephedrine (such as Sudafed®) for stuffy or runny nose • Chlorpheniramine (such as Chlortrimeton®) for allergies
Constipation	<ul style="list-style-type: none"> • Increase fluids and fiber in diet (such as prunes) • Exercise regularly 	<ul style="list-style-type: none"> • Metamucil® (plain), Fiberall®, or Colace®
Diarrhea	<ul style="list-style-type: none"> • Drink clear liquids 	<ul style="list-style-type: none"> • Imodium®
Indigestion	<ul style="list-style-type: none"> • Eat smaller meals • Wear loose-fitting clothing • Elevate head when lying down 	<ul style="list-style-type: none"> • Tums® (for occasional heartburn relief), Maalox®, Mylanta®, or Riopan®
Hemorrhoids	<ul style="list-style-type: none"> • Use Witch Hazel pads, Tucks® pads, or ice packs • Take a warm "sitz bath" 	<ul style="list-style-type: none"> • Preparation H®, Anusol®, or 1% hydrocortisone cream
Nausea and vomiting	<ul style="list-style-type: none"> • Take vitamin B6 (up to 75 mg a day) • Eat crackers or dry toast • Use acupressure on wrist 	<ul style="list-style-type: none"> • Emetrol®
Vaginal itch	<ul style="list-style-type: none"> • Eat yogurt that contains live Lactobacillus organisms • Wear cotton underwear • Reduce or eliminate sugar from diet 	<ul style="list-style-type: none"> • Monistat® or Gyne-Lotrimin® (for yeast infections), or 1% hydrocortisone cream

Other Resources

Use these Kaiser Permanente resources for reliable health information:

- ❖ Connect to our Web site at **kp.org** to access health and drug encyclopedias, interactive programs, health classes, and much more.
- ❖ Check your *Kaiser Permanente Healthwise Handbook*.
- ❖ Contact your local Kaiser Permanente Health Education Center or Department for health information, programs, or other resources.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse any brand names; any similar products may be used. Herbs and supplements are sold over-the-counter. Kaiser Permanente carries only herb categories for which some evidence exists to show that the herbs may be effective to treat certain medical conditions.