

For Nausea

Ginger tabs (ginger), vitamin B-6 Take 25 mg two times a day, Sea-Band, Unisom SleepTabs (doxylamine succinate) in combination with vitamin B-6: take one 25 mg tablet Unisom and one 25 mg of vitamin B-6 two times a day.

For Indigestion and Heartburn

Tums, Maalox, Mylanta, Pepcid, Zantac.

For Constipation

Metamucil, Colace, Citracel, Milk of Magnesia, Dulcolax, also try upping your fiber intake by eating more fruits and vegetables and drinking plenty of fluids. It may take up to one week to see results from stool softeners.

For Pain, Headache or Fever

Regular and extra-strength Tylenol (acetaminophen)

For Yeast

Monistat

For the Common Cold/Allergies/Congestion/Cough

Benadryl, Sudafed, Afrin or Flonase nasal spray, Claratin, Zyrtec, Robitussin DM, Vicks Formula 44, Halls cough drop, Vicks Vapor rub, cool mist humidifier, saline nasal spray, Mucinex

For Rashes

Benadryl cream or tablets, Caladryl lotion, Oatmeal bath (Aveeno)

For Acne

Any mild skin cleanser that does **not** contain salicylic acid or benzoyl peroxide

For Gas

Gas X or simethicone

For Diarrhea

Imodium, clear liquids until diarrhea stops. This includes anything you can see through: sprite, ginger ale, Gatorade, tea, soup broth, apple juice, popsicles, jello.

For Hemorrhoids

Warm sitz bath, tucks pads.

For Insect Repellant

Insect repellants containing DEET or Picaridin are safe to use during pregnancy. Consumer reports top choices are products with any one of these three active ingredients - DEET, oil of lemon eucalyptus, and Picaridin. All are safe for pregnant women when used appropriately. Examples are: Off, Natrapel 8 hour, or Repel Lemon Eucalyptus.

For Muscle Aches

Ben Gay or Icy Hot that do **not** containing methyl salicylate. Menthol only rubs recommended.

For Sleep

ZzzQuil, Benadryl, Unisom or Tylenol PM

For Sore Throat

Sucrets, Cepacol spray or lozengers, Chloraseptic spray or lozengers, warm salt water gargle.