

Safe Pregnancy Recommendations

Colds, Viruses and Allergies

Safe Medications

- Sudafed (pseudoephedrine): 60mg tab every 4-6 hours for sinus congestions
- Tylenol (acetaminophen) as needed for fever or pain
 - Regular strength: two 325mg tabs every 4-6 hours or Extra strength: two 500mg tabs every 6 hours
 - Do not exceed 4,000mg of acetaminophen in a 24 hour period
- Robitussin DM (dextromethorphan and guaifenesin): 10 ml every 4 hours (avoid guaifenesin in the first trimester)
- Claritin (loratadine) : 1 tab a day for allergy relief
- Benadryl (diphenhydramine): 25mg tabs; take 1-2 tabs every 4-6 hours for allergy relief

Vitamins, Herbs & Remedies for Immune Support

- Vitamin C: Up to 2,000mg a day for a week
- Zinc: up to 40mg a day. Avoid intranasal zinc (lozenges are safe)
- Garlic
- Afrin Nasal Spray: use as directed for congestion up to 3 days
- Ocean Mist/Saline Nasal Spray: use as needed for congestion: crushed, fresh or capsules
- Echinacea
- Elderberry- used prepared capsules or liquid only. Do not use raw leaves or berries
- Chamomile
- Neti pot for congestion
- Stay well hydrated

Heartburn and Indigestion

Safe Medications

- Pepcid AC 1 tab twice a day for heartburn
- Rolaids
- Tums
- Mylanta for heartburn, upset stomach, and gas
- Vitamin B6 plus 12.5mg (half of a tab) of Unisom twice daily for nausea and vomiting

Vitamins, Herbs & Remedies

- Papaya enzymes for heartburn
- Ginger candy, ginger capsules (250mg x4 or 500mg x2, up to 1000mg/day) or ginger tea made from fresh
- Acidophilus or probiotics, especially after antibiotics
- Mint tea

Constipation and Diarrhea

Safe Medications

- Metamucil or other psyllium formulas for constipation
- Colace 100mg once a day for constipation
- Imodium (loperamide) 2 tabs once then one each after each loose stool for diarrhea
- Milk of Magnesia

Vitamins, Herbs & Remedies

- Magnesium Supplement like Natural Calm
- Coconut Oil added to meals
- Start taking a probiotic daily

Medications and Herbs to Avoid

Medications to Avoid

- Aspirin (except low-dose aspirin if recommended by the midwives)
- Ibuprofen (including Motrin, Advil, and Aleve)
- Pepto Bismol
- Anything not listed above without talking with your midwife first

Herbs to Avoid

- Black and blue cohosh
- Licorice or Licorice Root
- Valerian Root
- Ginseng
- Ginkgo Biloba
- Castor Oil

Trusted Websites

Pregnancy and Birth

- <https://evidencebasedbirth.com/>
- [Midwife.org](https://midwife.org/)
- <https://ourmomentoftruth.com/>

Vaccines and other guidelines

- [CDC.gov](https://www.cdc.gov/)

Medications During Pregnancy and Breastfeeding

- <https://www.ncbi.nlm.nih.gov/books/NBK501922/>
- <https://mothertobaby.org/>

Diet and Nutrition in Pregnancy

- <https://www.marchofdimes.org/pregnancy/eating-healthy-during-pregnancy.aspx>
- [Diabetes.org](https://www.diabetes.org/)

Recommended Books

- **Birth From Within**
 - By Pam Englund CNM, MA and Rob Horowitz, Ph.D.
- **The Pregnant Woman's Comfort Book**
 - By Jennifer Loudon
- **The Birth Partner**
 - By Penny Simkin
- **Pregnancy, Childbirth & the Newborn**
 - By Penny Simkin, Janet Whalley, and Ann Keppler
- **Ina May's Guide to Childbirth**
 - By Ina May Gaskin
- **Natural Hospital Birth**
 - Cynthia Gabriel
- **Real food for Pregnancy**
 - Lily Nichols
- **The Womanly Art of Breastfeeding**
 - Diane Wiessinger

Childbirth Education Classes

- **Southwest Midwives**
 - Every Thursday 5:30-7:30 taught by Abbie Downing
 - See front desk to sign up
 - \$100 for series of 4 weeks
- **Mercy Regional Medical Center**
 - <https://www.centura.org/locations/mercy-regional-medical-center/medical-services/family-birth-center/childbirth-classes>
 - Online class for 2 weeks
 - Free
- **Durango Natural Childbirth**
 - Call 970-426-9226 for more information