

CONDITION	MEDICATION	ALTERNATIVE OPTIONS
Yeast Infection	<ul style="list-style-type: none"> • Monistat (miconazole) • Gyne-Lotrimin (clotrimazole) 	<ul style="list-style-type: none"> • Avoid irritating soaps/lotions • Shower daily, avoiding submerging baths • Decrease simple sugar intake • Wear cotton underwear • Eat live culture yogurt
Insomnia	<ul style="list-style-type: none"> • Benadryl • Unisom • Tylenol PM 	<ul style="list-style-type: none"> • Sleep during regular night hours • Avoid caffeine • Decrease fluids 2 hours prior to bedtime
Rashes	<ul style="list-style-type: none"> • Hydrocortisone cream • Calamine lotion • Benadryl cream or pills 	<ul style="list-style-type: none"> • Non-irritating soaps, lotions and detergents

IMPORTANT: Do not use aspirin, products containing aspirin, ibuprofen, or naproxen unless instructed by your healthcare provider.

RESOURCES

We want to make sure that you get started on the right foot. Below you will find a list of websites and resources that you may find helpful. If you do not have internet access, you can use the internet at your local library.

For general information regarding pregnancy and women's health, visit:

- American College of Obstetricians and Gynecologists (ACOG)
https://www.acog.org/womens-health?utm_source=vanity&utm_medium=web&utm_campaign=forpatients
- American College of Nurse-Midwives (ACNM)
<https://onlinelibrary.wiley.com/page/journal/15422011/homepage/share-with-women>

If you are a victim of domestic violence and need someone to talk to, please contact:

- The Domestic Violence Hotline | **1-800-799-SAFE** (multilingual)

For more information on the physical changes a new mom experiences, visit:

- <https://medlineplus.gov/postpartumcare.html>

For more information about pregnancy and postpartum nutrition, visit:

- United States Department of Agriculture
<https://www.myplate.gov/life-stages/pregnancy-and-breastfeeding>
- March of Dimes
<https://www.marchofdimes.org/pregnancy/weight-gain-during-pregnancy.aspx>

For more information about vaccines that are recommended during childhood, visit:

- Centers for Disease Control and Prevention
<https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html>