

**Names of medications recommended by pharmacists for eight common symptoms in pregnancy and breastfeeding**

<b>Common symptoms</b>	<b>Frequency (%) of pharmacists recommended medicines for pregnant women</b>	<b>Frequency (%) of pharmacists recommended medicines for breastfeeding women</b>
<b>Headache</b>	*n=154	*n=169
Paracetamol tablet	151 (98.1%)	145 (85.8)
Ibuprofen tablet	3 (1.9%)	24 (14.2)
<b>Sore throat**</b>	*n= 106	*n=124
Lozenges	90 (84.9)	89 (71.8)
Paracetamol tablet	16 (15.1)	29 (23.4)
Vitamin C tablet	14 (13.2)	16 (12.9)
Amoxicillin capsule	4 (3.8)	6 (4.8)
Azithromycin tablet	2 (1.9)	2 (1.6)
<b>Runny nose**</b>	*n=113	*n=124
Normal saline spray	69 (61.1)	33 (26.6)
Loratadine tablet	17 (15.0)	30 (24.2)
Paracetamol and Pseudoephedrine tablet	19 (16.8)	22 (17.7)
Vitamin C tablet	21 (18.6)	25 (20.2)
Vitamin C tablet	7 (6.2)	17 (13.7)
Cetirizine tablet	2 (1.8)	3 (1.6)
Corticosteroid nasal spray		
<b>Dry cough</b>	*n=110	*n=126
Prospan® syrup	86 (78.2)	75 (59.5)
Codilar® syrup	12 (10.9)	20 (15.9)
Cloperastine syrup	8 (7.3)	22 (17.5)
Butamirate syrup	4 (3.6)	9 (7.1)
<b>Productive cough**</b>	*n=129	*n=131
Prospan® syrup	113 (87.6)	85 (64.9)
Mucolytic syrup	15 (11.6)	9 (6.9)
Amoxicillin capsule	2 (1.6)	2 (1.5)
Loratadine tablet	3 (2.3)	24 (18.3)
Butamirate syrup	-	10 (7.6)
Cloperastine syrup	-	8 (6.1)
<b>Constipation</b>	*n=138	*n=134
Sterculia granules	63 (45.7)	43 (32.1)
Lactulose syrup	60 (43.5)	63 (47.0)
Glycerine suppository	6 (4.3)	11 (8.2)
Sennalax® tablet®	9 (6.5)	17 (12.7)
<b>Diarrhea**</b>	n=75	n=90
Kaolin + Pectin syrup	23 (30.7)	18 (20.0)
Nifuroxazide tablet	18 (24.0)	32 (35.6)
Loperamide tablet	16 (21.3)	26 (28.9)
Oral rehydration salts	25 (33.3)	21 (23.3)
Activated charcoal tablet	3 (4.0)	-
Hyoscine tablet	-	3 (3.3)
<b>Hemorrhoids</b>	n=84	n=95
Neo-healar® cream	35 (41.6)	25 (26.3)
Pilex® ointment®	24 (28.6)	17 (17.9)
Procto-Glyvenol® cream	15 (17.9)	24 (25.3)
Procto-Glyvenol® suppository	10 (11.9)	15 (15.8)
Daflon® tablet	-	2 (2.1)
Proctosedyl® suppository	-	12 (12.6)

\*Number of pharmacists recommended dispensation of a medicine; \*\* May total > 100% because of recommended combination of medicines; Prospan® (herbal medicinal product containing ivy leaf extract); Codilar® (Chlorpheniramine + Dextromethorphan + Phenylephrine); Sennalax® (Sennosides + docusate); Neo-healar® (four medicinal plants: Lupinus Albus, Vateria Indica, Mentha Piperita, Aloe Vera); Pilex® (a mixture of herbs [Mimosa pudica, thistles, Vitex negundo, Calendula flowers, camphor], Zinc, and Borax); Procto-Glyvenol® (tribenosid + lidocaine); Daflon® (diosmin + hesperidin); Proctosedyl® (hydrocortisone + cinchocaine).

<b>Names of medications recommended by respondents for specific symptoms in pregnancy</b>	
<b>Specific pregnancy symptoms</b>	<b>Frequency (%) of pharmacists recommended medicines</b>
<b>Nausea and vomiting</b>	*n=139
Navidoxine® tablet	110 (79.1)
Ondasetron tablet	27 (19.4)
Domperidone tablet	1 (0.7)
Multivitamin capsule	1 (0.7)
<b>Indigestion (heartburn)</b>	*n=131
Gaviscon® suspension	89 (67.9)
Ranitidine tablet	20 (15.3)
Zymogen® tablet	22 (16.8)
<b>Back pain**</b>	*n=92
Paracetamol tablet	42 (45.7)
Diclofenac gel	27 (29.3)
Reparil® gel	7 (7.6)
Relaxnova® cream	21 (22.8)
<b>Insomnia</b>	*n=20
St John's wort®	5 (25.0)
Dream water®	10 (50.0)
Melatonin tablet	5 (25.0)
<b>Fever and aches</b>	*n=93
Paracetamol tablet	93 (100)
<b>Vaginal itching and simple discharge</b>	*n=67
Clotrimazole ovule	20 (29.9)
Clotrimazole cream	15 (22.4)
Clotrimazole wash	9 (13.4)
Miconazole cream	11 (16.4)
Miconazole ovule	12 (17.9)
<b>Varicose veins</b>	*n=28
Venoruton® gel	21 (75.0)
Reparil® gel	7 (25.0)
<b>Swelling feet and legs</b>	*n=15
Reparil® gel	11 (73.3)
Varixinal® gel	4 (26.7)

\*Number of pharmacists recommended dispensation of a medicine; \*\* May total > 100% because of recommended combination of medicines; Zymogen® (Lipase + Proteas +Pepsin + Hemicellulase +Ox bile extract +Dimethylpolysiloxane +Vitamin B1); Reparil® (Aescinum +Diethylamini salicylas); Relaxnova® (Idrocilamide) ; St John's Wort® (Hypericum perforatum); Dream water® (Melatonin + 5-HTP + GABA); Venorutin® (Rutoside); Varixinal® (Ruscus Aculeatus Extract, Aesculus Hippocastanum Extract, Centella Asiatica Extract, Vaccinium Myrtillus Extract).

<b>Names of medications recommended by respondents for specific symptoms in breastfeeding</b>	
<b>Common breastfeeding symptoms</b>	<b>Frequency (%) of pharmacists recommended medicines</b>
<b>Sore or cracked nipple</b>	*n=167
Panthenol cream	53 (31.7)
Lanolin cream	45 (26.9)
Avalon Organics® moisturizer	35 (21.0)
Mustela® Nipple Cream	18 (10.8)
Mebo® ointment	12 (7.2)
Cocoa butter cream	4 (2.4)
<b>Engorgement</b>	*n=17
Moisturizing cream	6 (35.3)
Cabergolin tablet	5 (29.4)
Paracetamol tablet	4 (23.5)
Fucidin cream	2 ( 11.8)
<b>Insufficient milk</b>	*n=138
Fitolat® tablet	118 (85.5)
Domperidone tablet	10 (7.2)
Multivitamins Capsule	10 (7.2)
<b>Mastitis</b>	*n=17
Local antibiotic cream	3 (17.6)
Panthenol cream	6 (35.3)
Amoxicillin capsule	3 (17.6)
Paracetamol tablet	2 (11.8)
Diclofenac tablet	2 (11.8)
Fitolat® tablet	1 (5.9)
*Number of pharmacists recommended dispensation of a medicine; Avalon® (Lavender + prebiotics); Mebo® (Sesame oil + Beeswax + other edible herbs); Mustela® (Avocado peptides + Bisabolol + Shea butter + Lupeol + Vitamin B5); Fitolat® (herbal extracts from plants, such as Fennel, Fenugreek, Hops and Verbena)	