

MEDICATIONS IN PREGNANCY

*****Please save this for reference throughout your pregnancy and contact the office if additional medications are required. *****

In general, try to avoid using medications while you are pregnant, especially for the first 13 weeks, if possible. If you have any doubt about a particular drug that is not listed here, please check with our office before using it. The following medications are safe to use for treating symptoms as listed below.

Sore Throat: throat lozenges, cough drops, throat sprays such as Chloraseptic and Cepastat, regular or extra strength Tylenol (acetaminophen) in the usual adult dosing regimen (2 tablets every four hours).

Nasal Congestion: saline nasal sprays, Chlor-Trimeton, Benadryl, plain Claritin, plain Mucinex (guaifenesin) and plain Zyrtec .

Cough: Robitussin (plain, DM or CF), any cough drops that do NOT contain Echinacea.

Pain (including headache): Tylenol (acetaminophen) two regular or extra-strength tablets every four hours. AVOID non-steroidal pain relievers such as Advil, Motrin, Aleve, Celebrex, etc. Avoid aspirin unless otherwise directed by your physician.

Indigestion: Mylanta, Maalox, Riopan, Tempo, Tums, Roloids, Pepcid, Zantac
Eat small frequent meals and avoid spicy and fatty foods. Try taking your prenatal vitamins at a different time of day. Avoid Pepto-Bismol which contains aspirin.

Nausea: Emetrol 15-30 mL as needed or vitamin B6 25 mg 3 times a day - Limit intake to clear liquids until nausea improves, then gradually add bland foods such as toast, crackers, rice, turkey or chicken. It may help to avoid drinking fluids while eating solid food and vice versa. Small, frequent meals are better tolerated than large ones. Ginger ale or ginger root may help. If you are unable to keep down even just clear liquids for 24 hours, please call. Prescription medications are available to help if needed.

Diarrhea: Kaopectate (up to two doses per day), Immodium AD - Replace fluid loss with plenty of fluid intake. Gatorade is a good product for replenishing fluids and electrolytes.

Constipation: Increase whole grains, water intake, raw vegetables and fruits, bran and/or prunes first thing in the morning. Stool softeners (Colace), should be used at bedtime. Fiber supplements (Metamucil) are also safe to use. May use oral laxatives (Dulcolax or Miralax) if needed.

Hemorrhoids: Try soaking in a warm bath. Epsom Salts (Sitz baths) may be helpful. Tucks and hydrocortisone preparations may be used. Preparation H with hydrocortisone is fine.

Yeast infections: over the counter Monistat is fine.

Lice: It is fine to use Rid. Kwell should not be used in pregnancy.

Insomnia: Benadryl (diphenhydramine)

AVOID Herbal/Echinacea products