

# MEDICATIONS IN PREGNANCY

All medications should be used cautiously and in moderation during pregnancy. We have compiled a list of common problems in pregnancy and remedies, including medications that are available without a prescription and are considered safe in pregnancy. Use them as directed by the manufacturer. If no relief, you may need further evaluation and should notify your doctor.

## CONSTIPATION

- Increase daily fiber and fluids in your diet.
- Keep active with regular physical exercise.
- Stool softeners - Docusate Sodium/Colace
- Powdered fiber - Metamucil/Citrucel
- Miralax (may be used daily)
- Milk of Magnesia - NOT to be used daily, but may be used on occasion for more severe constipation.

## HEMORRHOIDS

- Prevent constipation and keep stools soft
- Tub soaks after bowel movements are beneficial for healing.
- Topical Preparation H with 1% Hydrocortisone
- Tucks hemorrhoidal ointment or pads with Witch Hazel

## HEADACHES/BODY ACHES/FEVER

- Tylenol. Do not take more than 4000mg/day which is equivalent to 8 Extra Strength tablets.
- Do not use Aspirin/Ibuprofen \*unless directed by your doctor
- See "Guidelines for Pregnancy" handout for more information on fevers.

## SORE THROAT/COUGH

- Throat sprays/lozenges such as Halls, Sucrets, Ludens, Ricola
- Cough syrup containing guaifenesin or dextromethorphan are acceptable, like Robitussin DM.



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#### COLD/CONGESTION

- Sudafed (pseudoephedrine), Actifed (pseudoephedrine and Triprolidine). We do not recommend OTC phenylephrine.
- Benadryl (diphenhydramine)
- Saline nasal sprays or nasal/sinus cleansing washes (Neti Pot or SinuCleanse).
- Afrin nasal spray may be used for up to 3 days.

#### HEARTBURN

- Avoid acidic food (tomatoes and citrus fruits)
- First try Tums, Rolaids, or liquid Maalox. If these fail, try Ranitidine, Pepcid AC or Prilosec OTC.

#### DIFFICULTY SLEEPING

- Benadryl (diphenhydramine), Unisom

#### GAS

- Simethicone, Gas-X, Mylicon

#### SEASONAL ALLERGIES

- Zyrtec, Zyrtec D, Claritin, Claritin D, Benadryl, Actifed, Sudafed, Chlorpheniramine

#### TRAVEL/MOTION SICKNESS

- Dramamine (Dimenhydrinate), Bonine (Meclizine)
- Sea bands

#### NAUSEA/MORNING SICKNESS

- Avoid large meals, eat smaller meals more frequently.
- Take small sips of liquid throughout the day.
- Vitamin B6 50-100mg one to two times per day
- Unisom (doxylamin-pyridoxine) 1/2 tab taken at night combined with Vitamin B6 25mg every 8 hours
- Emetrol, Red Raspberry & Ginger Root tea, Ginger Ale
- Sea bands

#### ACNE MEDICATION

- Benzoyl peroxide, salicylic acid



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#### HOURS

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