

MEDICATIONS IN PREGNANCY

It is important that during pregnancy your health care provider knows that you are pregnant when prescribing medication. It is best to avoid medications during pregnancy, but sometimes taking a medication is important and the benefits outweigh the risks. As your health care providers, we understand the need to use some medications at times. However, these should be used as little as possible, especially during the first twelve weeks of your pregnancy.

Call your healthcare provider for any fever over 100.5 F or symptoms for greater than 3 days.

Complaint	Medication
Nausea	Emetrol, Preggie Pops, Unisom Sleep Tablets (25 mg) –take ½ tablet at breakfast, lunch & 1 tablet at bedtime with Vitamin B6 (10-25 mg) – Take 1 tablet at breakfast, lunch & bedtime
Headache/Fever	Tylenol, Extra Strength Tylenol Excedrin Migraine (**do not consume caffeine while taking this medication)
Cold/Nasal Drainage	Afrin Nasal Spray, Claritin, Claritin-D (for less than 3 days), Ipratropium Bromide, Guaifenesin, and Dextromethorphan
Cold/Congestion/Cough	Robitussin DM OR Mucinex (do NOT take together) Tyelon Cold Daytime (Non-Drowsy) Benadryl All cough drops, Cepacol, Breathe Right Nasal Strips
Constipation	Colace 100 mg or 200 mg two times a day OR Miralax OR Senna Metamucil, Citrucel Milk of Magnesia two tbsps at bedtime 4 oz of papaya juice AND 4 oz of pineapple juice
Indigestion/Heartburn	Tums, Mylanta, Pepcid
Gas	Mylanta Gas, Gas-X (Simethicone)
Hemorrhoids	Sitz baths, Tucks/witch hazel pads
Skin Itching/Rash	Cortaid 1 % Hydrocortisone Cream Benadryl
Acne	Benzoyl peroxide (DO NOT use Retin-A or salicylic acid)
Cold Sores	Abreva
Sore Throat	Chloraseptic Throat Spray, Cepacol Lozenges
Back Pain	Icy Hot, ThermaCare
Insomnia	Unisom, Benadryl
Diarrhea	Immodium

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