

MEDICATIONS DURING 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 there is 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

ACNE MEDICATION

- Benzoyl peroxide, salicylic acid

COLD/CONGESTION

- Sudafed (pseudoephedrine), Actifed (pseudoephedrine and Triprolidine). We do not recommend over the counter phenylephrine.
- Benadryl (diphenhydramine)
- Saline nasal sprays or nasal/sinus cleansing washes (Neti pot or SinuCleanse)

HEARTBURN

- Avoid acidic food (tomato-based and citrus fruits).
- First try Tums, Rolaids, or liquid Maalox. If these fail, try 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 (pseudoephedrine and Triprolidine), 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 25mg 3 - 4 times per day (max 200mg/day) This can be used alone, or with Unisom (doxylamine) 1/2 tab taken at night.
- Emetrol, Red Raspberry & Ginger Root tea, Ginger Ale
- Sea bands

