

Medication Use During Pregnancy

There has been much controversy and discussion over the use of medications during pregnancy and breastfeeding. A good rule of thumb is that unless a medication is prescribed by your obstetrician, you should not use it until you clear it with your obstetrician. There are some remedies and Over the Counter (OTC medications that are considered safe for some of the discomforts of pregnancy when taken as directed and in moderation. If symptoms continue to become more pronounced, please call us at 210-614-BABY.

DISCOMFORT

ALLOWED OTC's

Colds/Sinusitis:

Ocean Nasal Spray
Benadryl
Plain or Extra Strength Tylenol
Chlortrimeton
Sudafed (plain)
Cold-Eze lozenges
Cepacol Throat Lozenges
Plain Robitussin DM
Claritin and Claritin-d
Zyrtec
Allegra and Allegra-d
Nasonex
All Tylenol (acetaminophen) over the counter cold products
Vitamin C - 500mg daily in addition to prenatal vitamin

Nausea:

Emetrol
Ginger Capsules ~
Sea-Band acupressure wristbands
Peppermint Tea
Vitamin B-6 twice a day with Unisom in the evening

Heartburn/indigestion:

Gaviscon
Maalox
Mylanta

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| | Tums/Roloids Pepsid Zantac Prilosec |
| Constipation: | Milk of Magnesia Surfak Metamucil Benefiber Stool Softeners Prunes/Prune Juice |
| Headaches: | Plain or Extra Strength Tylenol Ice Packs |
| Diarrhea: | Kaopectate ImmodiumAD |
| Skin Itchiness: | Benadryl Lotion (Allergic Rashes) Calamine Lotion (Insect Bites) Sarna Lotion (General Itchiness) Cortisone Aveeno cream, lotion, or baths |
| Hemorrhoids: | Tucks/witch hazel Preparation-H Anusol |
| Yeast: | Monistat Gynelotromin |
| Leg Cramps: | Magnesium Oxide 400mg twice a day Citracal Caltrate |

Medications that should be avoided-Aspirin, Tetracycline or Doxycycline, and Nonsteroidal medications unless prescribed by your Doctor.