

Medications During Pregnancy

The following is a guideline of over the counter and prescription medications that can be used during pregnancy. We recommend avoiding all medication during the first trimester, if possible, unless you speak with your physician first. If you have any questions, please contact us directly.

Aches/Pains: Tylenol and Extra Strength Tylenol can be used as directed. DO NOT Take Aspirin or Ibuprofen or non-steroidal medications.

Allergies: Try ChlorTrimeton or Benadryl first. Tylenol PM is acetaminophen with Benadryl and can be used sparingly. Zyrtec and Claritin can also be used.

Cold/Cough/Congestion: Actified, saline nasal sprays, Robitussin (plain or DM) and ChlorTrimeton can be used short term. Throat lozenges/sprays and cough drops are fine to take. DO NOT take Nyquil. Sudafed can be used after the first trimester if you do not have high blood pressure.

Constipation: Colace, Pericolace, Metamucil, and Fibercon are safe and effective. If unresolved, Milk of Magnesia or glycerin suppositories can be used, but please notify your provider if experiencing severe constipation.

Heartburn: Tums (check the strength, as it comes in varying doses – limit to 2000mg per day. Also a great source of calcium). Maalox, Mylanta, Rolaids and Milk of Magnesia are effective. Zantac and Pepcid AC can be used if the others are not working.

Hemorrhoids: Preparation H and Anusol can be used. Witch hazel compresses (Tucks pads) may be helpful.

Herbal Medications: Consult your OB provider before using any herbal products. Most herbals are not well studied during pregnancy and should be avoided.

Nausea: Vitamin B6 – 50mg – combined with Unisom – ½ tablet – up to twice daily can be helpful. Dramamine (less drowsy version containing meclizine) and Sea Bands may help as well. Other medications can be prescribed if nausea is severe.

Yeast Infections: Over the counter medications such as Monistat, Mycelex and GyneLotrimin can be used. Seven day treatments tend to work better than 1 or 3 day treatments. We recommend, however, that any unusual vaginal symptoms be evaluated before self treating. Please call the office first. Diflucan is not used during pregnancy.

Always avoid alcohol, tobacco, street drugs, Acutane, Barbiturates (Valium and Ativan), Warfarin and any ACE Inhibitors.