



## Safe Medications in Pregnancy

Although you should try to minimize medication during your pregnancy, sometimes it is necessary for your health and comfort to take some type of medication. This list includes medicines that are considered safe for limited use during pregnancy. If you are concerned or your symptoms worsen please call the office during normal business hours. Utilize the after hours exchange for emergencies only. If you think you are needing a prescription when you call please be sure to have your pharmacy number immediately available.

### **Cold/Flu/Allergies**

Always check over-the-counter cold medications for alcohol, sugar, caffeine, or aspirin. Medications should be taken as directed and for no longer than seven days. If symptoms persist, call our office. If you develop a fever over 101.0 call the office.

- Benadryl (tablet, capsule, and liquid form), Benadryl Plus
- Chlor-Trimeton, Chlor-Trimeton LA
- Claritin or Zyrtec
- Flonase
- Comtrex
- Robitussin DM
- Sudafed (tablet and liquid form), Sudafed Plus, Sudafed 12 Hour
- Throat lozenges
- Triaminic, Triaminic Nite Lite, Triaminic PM, Triaminic 12 Hour
- Tylenol Sinus

### **Constipation**

The following medications can be taken for constipation relief:

- Colace 50mg (one or two, twice daily)
- Fibercon
- Metamucil

Other helpful suggestions:

- Increase water intake to 8-10 eight-ounce glasses daily
- Eat plenty of fresh fruits, green leafy vegetables, and fiber
- Get adequate exercise; walking is a good exercise during pregnancy

### **Hemorrhoids**

The following medications can be taken for relief of hemorrhoids:

- Preparation H
- Tucks

### **Diarrhea**

The following medications can be taken for relief of diarrhea:

- Immodium AD (use no longer than 48 hours and no more than four caplets or 8 teaspoons in a 24-hour period)
- Kaopectate

**Aches/Pains**

The following medications can be taken for pain relief:

- Tylenol, Extra Strength Tylenol, or generic acetaminophen

**Heartburn/Indigestion/Upset Stomach**

The following over-the-counter medications can be taken for indigestion, heartburn, and upset stomach:

- Mylicon
- Maalox
- Mylanta
- Rolaids
- Tums

If you find the above do not suffice you may try over the counter

- Pepcid (20-40 mg daily)
- Zantac (75 to 150 mg daily)

**Nausea/Morning Sickness**

The following medications can be taken for relief of nausea:

- Vitamin B6 (50mg twice daily)

Other helpful suggestions:

- Small frequent meals
- 8-10 eight-ounce glasses of water a day