



MEDICATIONS DURING PREGNANCY

During pregnancy, it is common to experience trouble with constipation, heartburn, minor upper respiratory illness (the common cold), and other types infections (gingivitis, urinary tract infections, yeast infections, etc.)

The following is a short list of medications which are approved for use during pregnancy. Any medication which is not on this list is not necessarily unacceptable or contra-indicated. For any medication not found on this list, it is best that you call your nurse-midwife or obstetrician's office and ask for advice regarding its use.

A Flu Shot is recommended for all pregnant women

Stool Softeners (for constipation):

- Docusate (Colace)
- Bulk Agents- fiber products

Food Alternatives for Constipation:

- Watermelon
- Blueberries
- Dried Prunes
- Prune Juice

Antacids (for heartburn):

- Mylanta II
- Maalox
- Riopan or Riopan Plus
- TUMS (Calcium Carbonate)
- Roloids
- Papaya Enzyme Tablets (also for indigestion)
- Almonds (for gas and nausea)
- Charcoal Caps (for gas)
- Ranitidine (Zantac)
- Ramotidine (Pepcid)

Antifungal Agents:

- Miconazole (Monistat)
- Clotrimazole (Gyne-Lotrimin)
- Femstat

Pain Relievers:

- Tylenol 1000mg (max of 3000mg daily)
- Tylenol Sinus (dries up throat)
- Chloraseptic Spray (for sore throat)
- Warm or cold compress to the area
- Massage
- Acupuncture

Reminder: This is NOT an exhaustive list.

If you have any questions regarding a prescribed medication, please do not hesitate to call the office. If you feel the situation an emergency, please contact your nurse-midwife or obstetrician's office any time of day or night. The office or answering service will page the doctor on call for you.

Common Cold Remedies:

- Acetaminophen (Tylenol Extra Strength)
- Guaifenesin (Robitussin, Robitussin DM)
- Stream Inhalers
- Saline Drops
- Diphenhydramine (Benadryl)
- Nasal Spray (Ayr, Ocean)
- Throat Lozenges (Ricola, Halls)
- Increase fluids, and soup
- Zinc + Vitamin C
- Salt water gargle

Please consult your office regarding directions to use:

- Aspirin
- Ibuprofen (Advil, Nuprin, Motrin)
- Narcotics

Seasonal Allergies:

- Cetirizine (Zyrtec) (5-10 mg)
- Loratadine (Claritin) (10 mg)
- Diphenhydramine (Benadryl) (25-50 mg)
- Prescription Saline Nasal Spray (Flonase, Nasacort)
- NO ALLEGRA

Other:

- Clearasil
- Novocain (without Epinephrine)