

Medication Use in Pregnancy

In pregnancy, any medications should be used only if needed and the need for their use must be weighed against the risks. The following is a list of common discomforts. If there is something that you normally like to use and it is not on the list, please call and ask for its pregnancy risk category.

Aches/Pain, Headache

Tylenol (regular or extra strength) 2 tablets every 4 hours as needed

Cough

Robitussin DM - 1 tsp every 4 hours

Leg Cramps

Increase fluid intake
Tums - 2 tablets twice daily

Allergy

Zyrtec

Diarrhea

Kaopectate or Immodium as directed on package
Call for persistent diarrhea (greater than 3-4 days) or if dehydrated

Nausea/Vomiting

Small, frequent meals, avoid fried or greasy foods. Carbohydrates (bread, cereal, and crackers) usually settle the stomach
BRATT diet (bananas, rice, applesauce, tea, toast)
Benadryl or Unasom as directed on package
Anti-nausea wrist bands
***For severe vomiting and dehydration, call the office

Cold/Stuffy Nose

Sudafed
Tylenol Cold/Sinus
(If low grade fever persists greater than 3-4 days or fever is greater than 101 degrees, call the office)

Heartburn

Maalox, Mylanta, or Gaviscon - 1-2 Tbsp every 4 hours as needed
Rolaids or Tums - 2 tablets every 4-6 hours (these may provide some relief, but the liquid antacids are more effective)
Pepcid, Tagament, or Zantac as directed on package

Sore Throat

Cough drops as needed
Salt water gargle (1 tsp of salt to an 8 oz glass of water)
Tylenol as noted above

Constipation

Increase fluids, roughage (fruits, vegetables, high fiber cereal) and exercise-walking
To prevent constipation, if the above are not working: Colace (stool softener) 1-2 tablets at bedtime,
Medamucil with 2 glasses of water or
Fibercon 1-2 tablets every day with fluids

Hemorrhoids

Anusol HC or Preparation H with HC (apply after bathing and after each bowel movement)
Sitz bath as needed for relief (warm water with 1 Tbsp of baking soda)
Call for severe hemorrhoidal pain or heavy rectal bleeding

Vaginal Yeast Infection

Monistat vaginal cream - 1 applicator at bedtime for 5 nights and if no improvement, call the office