



Medications During Pregnancy

Medications should be avoided during pregnancy unless absolutely necessary. When you do choose to take medications to relieve certain symptoms it is best to avoid the multi-symptom formulas (i.e., Tylenol Cold and Sinus) and treat only the symptoms you are experiencing. Below are a list of common discomforts and recommendations for treatment. You may call during office hours if you are uncertain what is appropriate.

Headaches:

Regular or Extra Strength Tylenol
No Motrin or Advil (ibuprofen)
No Aspirin or Aleve

Cough/Cold:

Begin with Saline Nasal Mist, a humidifier and lozenges.
Sudafed or Sudafed PE or Chlortrimaton may be used for congestion and cold-like symptoms after the 12th week of pregnancy.
Robitussin plain for congestion and Robitussin DM for cough may be used anytime during the pregnancy.
Saline Nasal Mist and cough drops (i.e., Halls) may be used anytime during the pregnancy.
Vick's Vapor Rub
Icy Hot

Allergies:

Benadryl, Claritin and Zyrtec may be used anytime during pregnancy.

Hemorrhoids:

Preparation H, Anusol or Tucks pads.

Heartburn:

Rolaids, Tums, Mylanta or Zantac

Constipation:

Metamucil, Milk of Magnesia, Senokot or Colace

Diarrhea:

Clear liquid diet with electrolyte solutions such as Gatorade or Pedialyte. If you are unable to keep down oral intake, contact the office.

Other:

Excessive amounts of caffeine should be avoided.
No products with Saccharin are to be used.
Nutrasweet (Aspartame) or Splenda in minimal amounts.