

Medications during Pregnancy

Talk to your doctor about any medicines you have taken or are thinking of taking. **You should go over all prescriptions, over-the-counter medicines, herbal and dietary supplements, and vitamins.** We can help you weigh the risks and benefits of each medicine and determine the safest treatment for you and your developing baby. If you feel you need an over-the-counter remedy for discomfort or illness, we offer the following guidelines:

First Trimester of Pregnancy

- Most pregnant women can use Tylenol for pain and Emetrol for nausea (following the directions on the product label) unless otherwise instructed by your physician. Avoid Emetrol, if you have diabetes, unless you have consulted your doctor.
- You should take a prenatal vitamin containing iron and folic acid throughout your pregnancy.
- You should avoid herbal products or other dietary supplements.

Second and Third Trimesters (after 14 weeks of pregnancy)

Pain/Headache—Tylenol (acetaminophen) may be taken, 650 mg. every 4 hours or 1000 mg. every 6 to 8 hours if needed.

Cold and Flu/Allergies

- Tylenol or Tylenol Cold
- Warm salt-water gargle
- Saline nasal drops or spray
- Benadryl, Chlortrimeton, Claritin
- Robitussin (regular or DM), Vicks Cough Syrup, Halls lozenges

Nausea—Emetrol if not diabetic

Diarrhea—Imodium, Kaopectate

Heartburn/Indigestion--Maalox, Mylanta, Tums, Zantac, or Pepcid

Constipation-- Metamucil, Citrucil, Colace, Milk of Magnesia, or Dulcolax

Hemorrhoids—Preparation H, Tucks HC Cream

Yeast Infection—Monistat, Gynelotrimin

Rashes—Hydrocortisone cream or ointment, Benedryl cream, oatmeal bath (Aveeno)