

SPARKS & FAVOR, P.C.

Medications during Pregnancy

Talk to your doctor about any medicines you have taken or are thinking of taking including 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 (following the directions on the product label) unless otherwise instructed by your physician.
- Nausea/Vomiting: avoid spicy, fatty foods, eat bland/dry foods and high protein snacks
 - Ginger: tea, capsules (250mg up to 4 times a day), ginger ale
 - Vitamin B6 10-25mg and Doxylamine (Unisom) 12.5mg
 - Emetrol: Avoid 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 dietary supplements unless instructed by your doctor.

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. Magnesium Oxide supplement can help prevent headaches.

Cold and Flu/Allergies:

- Tylenol for fever, headaches
- Warm salt-water gargle
- Saline nasal drops or spray
- Benadryl, Chlortrimeton, Claritin, or Zyrtec
- Guaifenesin: Robitussin or Mucinex (regular), Vicks Vapor Rub, Cough Drops
- Avoid anything containing phenylephrine or alcohol (like NyQuil).

Nausea—Ginger, Emetrol if not diabetic, vitamin B6 and doxylamine (Unisom)

Diarrhea—Imodium, Kaopectate

Heartburn/Indigestion—Maalox, Mylanta, Tums, or Pepcid

Constipation—Metamucil, Citrucel, Colace, Milk of Magnesia, Miralax, or Dulcolax

Hemorrhoids—Preparation H, Tucks HC Cream

Yeast Infection—Monistat, Gynelotrimin

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