

Medications During Pregnancy

All medications should be used cautiously and in moderation during pregnancy. We have compiled a list of common problems in pregnancy and remedies, including medications that are available without a prescription and are considered safe in pregnancy. Use them as directed by the manufacturer.

If no relief, you may need further evaluation and should notify your doctor.

CONSTIPATION

- Increase daily fiber and fluids in your diet.
- Keep active with regular physical exercise.
- Stool softeners - Docusate Sodium/Colace
- Powdered fiber - Metamucil/Citrucel
- Miralax (may be used daily)
- Milk of Magnesia - NOT to be used daily, but may be used on occasion for more severe constipation.

HEMORRHOIDS

- Prevent constipation and keep stools soft
- Tub soaks after bowel movements are beneficial for healing.
- Topical Preparation H with 1% Hydrocortisone
- Tucks hemorrhoidal ointment or pads with Witch Hazel

SORE THROAT / COUGH

- Increase daily fiber and fluids in your diet.
- Keep active with regular physical exercise.
- Stool softeners - Docusate Sodium/Colace
- Powdered fiber - Metamucil/Citrucel
- Miralax (may be used daily)
- Milk of Magnesia - NOT to be used daily, but may be used on occasion for more severe constipation.

COLD / CONGESTION

- Sudafed (pseudoephedrine), Actifed (pseudoephedrine and Triprolidine). We do not recommend over the counter phenylephrine.
- Benadryl (diphenhydramine)
- Saline nasal sprays or nasal/sinus cleansing washes (Neti Pot or SinuCleanse).

HEARTBURN

- Avoid acidic food (tomatoes and citrus fruits)
- First try Tums, Rolaids, or liquid Maalox. If these fail, try Famotidine, Pepcid AC or Prilosec OTC.

DIFFICULTY SLEEPING

- Benadryl (diphenhydramine), Unisom GAS
- Simethicone, Gas-X, Mylicon V

SEASONAL ALLERGIES

- Zyrtec, Zyrtec D, Claritin, Claritin D, Benadryl, Actifed, Sudafed, Chlorpheniramine TRAVEL/MOTION SICKNESS
- Dramamine (Dimenhydrinate), Bonine (Meclizine)
- Sea bands

NAUSEA / MORNING SICKNESS

- Avoid large meals, eat smaller meals more frequently.
- Take small sips of liquid throughout the day.
- Vitamin B6 50-100mg one to two times per day.
- Unisom (doxylamin-succinate) 1/2 tab taken at night combined with Vitamin B6 25mg every 8 hours
- Emetrol, Red Raspberry & Ginger Root tea, Ginger Ale
- Sea bands

ACNE MEDICATION

- Benzoyl peroxide, salicylic acid

