

Medications During Pregnancy

In general, we advise you to limit all medication in pregnancy, especially in the first trimester. Prescription medications, however, given by your OB should be used as directed. Prescription medications given by another MD should be reviewed at your first visit. After pregnancy is diagnosed, if you see another provider for a medical issue, be sure to inform them you are pregnant. If they have any questions they may call the office (830-426-7444). Over the counter meds should be taken following the package directions for dosing or as prescribed by your physician.

Pain Medication	Tylenol (Acetaminophen) <i>*Do not exceed 24 hour limit</i> <i>*No Aspirin or NSAID's unless prescribed by your provider</i>
Heartburn/Indigestion	Tums, Roloids, Maalox, Mylanta, Pepcid, Zantac, Tagamet, Prilosec
Constipation	Citrucel, Ducolax, Miralax, Senokot Fiber & Stool Softeners: Colace or Surfak <i>*use daily as preventative</i> Occasional laxative: Milk of Magnesia <i>*can cause cramping</i>
Nausea	Emetrol B6 (Pyridoxine 25 mg) combined with Doxylamine (Unisom 10-12.5 mg) <i>*3 to 4 times per day</i>
Diarrhea	Imodium
Hemorrhoids	Tucks, Preparation H, Anusol <i>*Use stool softener and fiber</i>
Cold/URI/Allergies	Benadryl, Claritin, Zyrtec, Saline Nasal Spray, Tylenol Cold Products, Nasal Steroids (Flonase, Nasacort, Rhinocort), Chlorpheniramine, Mucinex, Zicam
Cough	Robitussin (plain), Mucinex, Delsym
Yeast Infection	Monistat (miconazole), Gynelotrimin (Clotrimazole) <i>*Avoid <u>all</u> during first trimester</i>
Leg Cramps	Caltrate (600)/Vitamin D (400) <i>*Twice Daily</i> Increase oral magnesium (bananas and oranges)
Insomnia	Benadryl Cream, Hydrocortisone Cream, Caladryl Lotion
Migraine Prevention	Vitamin B2 (Riboflavin) <i>*400mg in the morning</i> Magnesium <i>*500 mg before bed</i>
Vitamins	Prenatal Vitamin w/ DHA, 2 Flintstone Complete plus DHA (300 mg), Calcium (1500 mg, Daily if not taking dairy).

For more information and additional resources go to:
www.medinahospital.net/maternity-care