



MEDICATION USE DURING PREGNANCY

During your pregnancy, there may be times when the use of over-the-counter medications may be indicated. While you may be apprehensive about taking medication, your health and the baby's well-being is important. Listed below are some of the more common health issues you may encounter and medications that are generally considered safe to use during pregnancy when following the dosage or use instructions for the medication.

While no medication can be considered 100% safe to use during pregnancy, the medications on this list are those recommended by the providers at Partners in Women's Healthcare. If you have any questions or concerns, please consult with one of our providers.

IMPORTANT NOTES:

- **Caution: Do NOT** use any of the following products during pregnancy unless advised by an obstetric provider: NSAIDs (Advil, Motrin, Ibuprofen, Aleve, Naproxen, Aspirin, etc.) or any Nyquil products or other cold medications that may contain alcohol.
- **Prescribed medications:** If you were taking prescribed medication(s) prior to becoming pregnant, ask your obstetric provider about the safety of continuing these medications during pregnancy.
- **Vitamin A:** Do NOT take more than 5,000 international units daily.
- **Zinc:** Do not exceed 40 mg daily.

NAUSEA/VOMITING

- Emetrol OTC - 2 Tbsp as needed
- Ginger capsules - 1 gram daily
- Vitamin B6 - 25-100mg daily
- Unisom sleep tabs (doxylamine) - 12.5-25mg at bedtime

CONSTIPATION

- Colace (stool softener)
- Miralax
- Fiber supplement (Metamucil, Citrucel, Fibercon, Benefiber)

HEADACHE

- Acetaminophen (Tylenol) - follow package instructions
 - Excedrin Tension Headache
- *Do not exceed more than 4,000mg of acetaminophen within 24 hours. Be especially mindful if using more than one product containing acetaminophen.

HEMORRHOIDS

- Phenylephrine suppositories
- Lidocaine ointment/cream
- Cocoa butter/witch hazel (Preparation H, HemCalm)
- Hydrocortisone cream/ointment
- Cocoa butter/zinc suppositories (Calmol-4)
- Fiber supplements

HEARTBURN/INDIGESTION

- Calcium Carbonate (Tums, Rolaids)
- Maalox/Mylanta
- GasX
- Pepcid (famotidine)
- Prilosec OTC

DIARRHEA

- Probiotics

COLD AND FLU SYMPTOMS

- Tylenol and Tylenol cold formulas
- Guaifenesin
- Delsym
- Chloraseptic Throat Spray
- Cough Drops

SEASONAL ALLERGIES

- Claritin (Loratadine)
- Zyrtec (Cetirizine)
- Flonase (Fluticasone)
- Nasonex
- Singular (Montelukast)

NOTE: Do not use Sudafed (pseudoephedrine) or any products containing phenylpropanolamine or phenylephrine such as Claritin-D or Mucinex-D unless advised by your provider.

ITCH DUE TO INSECT BITES

- Benadryl creams, sprays, or pills
- Hydrocortisone cream (sparingly)

This information is provided by Partners in Women's Healthcare and is not intended to replace the medical advice from your healthcare provider. You should consult your obstetric healthcare provider for advice about specific medical conditions or issues.