

MEDICATIONS IN PREGNANCY

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FIRST TRIMESTER:

During your first trimester (the first 13 weeks of your pregnancy), you should avoid all medications except those which are absolutely necessary and prescribed by your doctor. Tylenol, prenatal vitamins and antacids such as Tums, Pepcid and Zantac may be used at any time during your pregnancy. Follow the directions on the label. If you use a DHA or fish oil supplement, make sure the label states that it is safe for pregnant or breastfeeding women.

SECOND AND THIRD TRIMESTERS:

After the 14th week of your pregnancy, you may use appropriate over the counter remedies if you experience any of the following problems. Follow the directions on the label. But if your symptoms worsen or do not improve, you need to call the office for an appointment.

Medications NOT to Use

*Headache, Pain or Fever***

Acetaminophen (Tylenol)

Muscle rubs, icy-hot, Thera-patch (do not apply to abdomen)

Motrin, Aspirin,
Ibuprophen

Nausea and Vomiting

Dramamine, Benadryl, Pyridoxine (Vitamin B6), Pepcid, Axid, Zantac, Ginger Tea

Ginger snaps, Ginger Ale, saltine crackers, B-natal lozenge or lollipop, Sea band

Heartburn, Reflux, GERD

Pepcid, Axid, Zantac, Nexium, Mylanta, Gaviscon, Prilosec, Gas-X,

Mylicon, Maalox, Prevacid, Protonix, Tagamet, Tums, Rolaids

Pepto-Bismol

Constipation

CoLace, Milk of Magnesia, Metamucil, Konsul D, Citrucel, Senekot,

Prunes, Prune Juice, Dried Plums, Dried Apricots, Special K fiber crackers

Hemorrhoids

Best to avoid hemorrhoids by keeping stool soft with the medications for constipation.

Anusol HC, Balneol, Preparation H, Witch Hazel, Tucks

Diarrhea

Imodium, Kaopectate

Cold and Cough symptoms, Sinus, Seasonal Allergies

Chlor-Trimeton (chlorpheniramine), Mucinex, Musinex-D, Actifed, Benadryl, Dimetapp,

Zyrtec, Claritin and Claritin-D, Alavert, Tavist, Tavist-D, Sudafed, Saline Nasal Mist, Vicks,

All cough drops and throat sprays. Plain butterscotch works to suppress cough, too!

Dextromethorphan
DM products
Mucinex-DM

Yeast

Monistat 3 or 7 (one day preparations do not work well).

Vagisil

Itching, skin irritation or mild superficial skin infection

Topical antibiotic cream or gel such as bacitracin for infection,

Aveeno Lotion, Sama Lotion, Eucerin products, hydrocortisone 1%,

Calamine lotion, Benadryl cream or gel for itching and irritation.

****Call the office or go to the hospital if fever of 100.4 or greater does not decrease with Tylenol, you have shortness of breath, are unable to keep food or liquids down or if you have any severe pain or emergent symptoms.**