

Medications in Pregnancy

Below is a list of some available over the counter medications that are safe to take when pregnant. It is advisable to try to avoid use of any medications until at least 8 weeks of pregnancy.

Please follow guidelines on medication for dosage strength and frequency.

You may call our office at 318-798-4400 and leave a message for any questions or concerns

Acid Reflex and Heartburn-

- Antacids- Maalox, Mylanta, Roloids, Tums
- Acid reducers- Cimetidine, Tagamet, ranitidine, Zantac
- Proton pump inhibitors- omeprazole, Prilosec, lansoprazole, Prevacid

Colds & Cough-

- Guaifenesin- Hytuss, Mucinex, Naldecon Senior EX, Robitussin
- Dextromethorphan- Benylin Adult, Robitussin Maximum Strength Cough, Scot-Tussin DM, Vicks 44 Cough Relief
- Guaifenesin plus dextromethorphan- Benylin Expectorant, Robitussin DM, Vicks 44E
- Cough drops
- Vicks VapoRub
- *(Not recommended to take pseudoephedrine or phenylephrine, because they may restrict blood flow to the placenta)*

Headache- Acetaminophen, Tylenol

Allergies-

- Chlorpheniramine, Chlor-Trimeton
- Loratadine, Alavert, Claritin, Tavist ND, Triaminic Allerchews
- Diphenhydramine, Banophen, Benadryl, Diphenhist, Genahist

Constipation-

- Psyllium- Konsyl-D, Metamucil, Modane Bulk, Perdiem
- Polycarbophil- Equalactin, Fiber-Lax, FiberNorm, Konsyl, Mitrolan
- Methylcellulose- Citrucel, UniFiber
- Laxatives / Stool Softeners- Colace, Dulcolax, Maltsupex, Move It Along!, milk of magnesia

Hemorrhoids-

- Anusol, Preparation H, Tucks

Diarrhea-

- Loperamide- Imodium, Kaopectate II, Maalox Total Relief, Pepto Diarrhea Control

Cuts and scrapes-

- Neosporin, Polysporin

Gas Pain-

- Simethicone- Gas-X, Maalox Anti-Gas, Mylanta Gas, Mylicon

Yeast infection-

- Clotrimazole - Cruex, Gyne-Lotrimin3, Lotrimin AF, Mycelex-7
- Miconazole - Desenex, Femizol-M, Micatin, Monistat 3
- Tioconazole - Monistat 1, Vagistat-1
- Butoconazole - Femstat 3, Mycelex-3
- Butenafine - Lotrimin Ultra

Insomnia-

- Diphenhydramine - Benadryl, Maximum Strength Unisom SleepGels, Nytol, Sominex
- Doxylamine succinate - Unisom SleepTabs
- Melatonin

Itching-

- Hydrocortisone- Cortaid, Lanacort

Last but not least.....

Nausea and Vomiting

- **Fluids-**
 - Fluids should be consumed at least 30 minutes before or after solid food to settle stomach
 - Fluids are better tolerated if small amounts of cold, clear, and carbonated or sour (ginger ale, lemonade, popsicles, lemon, mint, tea). Drinking electrolyte containing products (Gatorade, Powerade, Pedialyte) may reduce dehydration.
 - Using a straw sometimes helps

- **Dietary Changes-**
 - Small frequent snacks and meals that are carbohydrate or protein-dominant, salty, low-fat, bland, and/or dry (nuts, pretzels, crackers, cereal, toast)
 - BRATT diet (Bread, Rice, Applesauce, Tea, Toast)
 - Avoid an empty stomach.
 - Peppermint tea or sucking peppermint candies may reduce nausea after meals.
 - Avoid coffee and spicy, odorous, high-fat, acidic, and very sweet foods

Medications for Nausea/Vomiting-

- Vitamin B6- 25 - 50mg three times daily.
- Ginger- 250mg -500mg four times daily, Non Drowsy
Natural Dramamine
- Diphenhydramine- 25 to 50 mg orally every 4-6 hours,
as needed
- Meclizine- 25 mg orally every 4-6 hours, as needed.
Dramamine All Day Less Drowsy
- Dimenhydrinate- 25 to 50 mg orally every 4-6 hours, as
needed. Dramamine Original Formula, Chewable
Dramamine Motion Sickness Relief
- Emetrol-5 mls -10 mls in the morning and then every 3
to 4 hours as needed.
- Doxylamine- 25mg orally every 6-8 hours, Unisom
SleepTabs
- Zantac or Pepcid if nausea is caused by GI upset
- P6 acupressure wristbands- Seaband, No-Mo Nausea

Other Tips for Nausea/Vomiting-

- Iron supplements should be avoided until symptoms resolve
- Taking prenatal vitamins before bed with a snack, instead of
in the morning or on an empty stomach, may also be helpful