

Medications in Pregnancy

*The use of herbal medicine during pregnancy should be discussed with a provider prior to use.

Call the office if you have a fever over 100.5

Over the Counter Medications: We recommend you refrain from use of medications in the first trimester (the first 12 weeks), unless absolutely necessary. If needed, the following medications are considered safe in pregnancy:

For heartburn or GI upset

For acid indigestion (Tums, Roloids, Mylanta, Maalox)

For gas pain (Gas X; Mylicon; Phazyme)

Pepcid or Zantac

For cough:

Robitussin DM

Cough drops

Vicks Vaporub

Honey

For sinus congestion:

Humidifiers

Chlortrimeton

Netti Pots

Warm fluids

Warm, moist compresses to cheeks and forehead

For pain and low grade fevers:

Tylenol (regular or extra strength, no more than 4000 mg per day)

For allergy relief:

Chlortrimeton allergy tabs

Claritin

Teldrin

For constipation:

Be sure to drink at least 8 glasses of water a day

Take a gentle walk every day

Fiber (Metamucil, Citrucel)—be sure to also drink lots of water with these or they won't work!

Stool softener (Colace, Docusate Sodium)

Laxatives (Peri-Colace, Dulcolax)

Hemorrhoid relief:

Tucks

Preparation H with hydrocortisone

Witch Hazel

Cold compresses