

## Pregnancy Medication List

### Over the Counter Medications that you can take while Pregnant

In the first three months of pregnancy, you should try to avoid taking any medications (prescriptions or over the counter) unless first checking with your doctor.

#### NAUSEA AND VOMITING:

##### General Treatment:

- Rise slowly in the morning
- Eat a few crackers at bedtime & before rising in the morning
- Avoid greasy, spicy foods; eat more frequently, but smaller portions

Medical Treatment: \*Emetrol \*Nestrex \*Ginger \*Vitamin B Complex & Unisom (Stop prenatal vitamins or iron for a few days, if needed)

#### DIARRHEA:

##### General Treatment:

- Drink plenty of fluids (i.e.- Gatorade, Sprite, 7-up); avoid dairy (except yogurt, consume 1 yogurt container daily) and citrus juices (i.e. – orange, grapefruit)

Medical Treatment: \*Imodium AD \*Kaopectate \*Probiotics

#### CONSTIPATION AND LAXATIVES:

##### General Treatment:

- Stop iron tablets for a few days
- Eat more bulk or bran, fresh fruits and vegetables

Medical Treatment: \*Metamucil \*Dulcolax \*Citrucel \*Fibercon \*Fiberchoice \*Miralax \*Konsyl \*Senekot \*Colace \*Milk of Magnesia \*Peri-colace \*Doxidan

#### HEARTBURN AND INDIGESTION:

##### General Treatment:

- Eat more frequent, but smaller meals
- Do not lay flat, prop your head up
- Do not go to bed immediately after eating

Medical Treatment: \*Liquid antacids work better than tablets \*Riopan \*Mylanta II \*Prevacid \*Maalox \*Tums \*Rolaids \*Nexium \*Gaviscon \*Pepcid \*Prilosec

#### HEADACHES AND MILD PAIN:

- 2 Extra Strength Tylenol every 6-8 hours as needed (avoid aspirin, ibuprofen, and Aleve)

#### CONGESTION & COUGH/SORE THROAT:

##### General Treatment:

- Humidifier, rest, fluids, Neti pot

Medical Treatment: \*Saline Nasal Spray \*Drixoral \*Claritin \*Tylenol & Tylenol PM \*Flonase \*Allegra \*Robitussin & Robitussin DM \*Benadryl \*Zyrtec \*Mucinex \*Vicks Vapor Rub \*Chloraseptic Spray \*Cepacol Lozenges

**Avoid these Medication with pseudoephedrine if you have high blood pressure: \*Sudafed \*Actifed \*Dimatap \*Tylenol cold or Sinus**

#### HEMORRHOIDS:

General Treatment: Sitz Bath and Avoid constipation and straining with bowel movements

Medical Treatment: \*Anusol HC \*Preparation H \*Proctofoam \*Proctocream \*Tuck Pads

#### LEG CRAMPS:

General Treatment: Hydrate, Massage, Low Sodium Diet

Medical Treatment: \*Calcium \*Magnesium