

What medications are considered acceptable in pregnancy?

Medication Name	1 st Trimester 0-13 Weeks	2 nd Trimester 14-28 Weeks	3 rd Trimester 29-40 Weeks
ANTACIDS/REFLUX/UPSET STOMACH			
<i>Plain Maalox, Mylanta, Tums, Rolaids</i>	Yes	Yes	Yes
<i>Pepto-Bismol (bismuth subsalicylate)</i>	No	No	No
<i>Pepcid (famotidine)</i>	Yes	Yes	Yes
<i>Zantac (famotidine)</i>	Yes	Yes	Yes
<i>Tagamet (cimetidine)</i>	Yes	Yes	Yes
<i>Nexium (lansoprazole)</i>	Yes	Yes	Yes
<i>Prevacid (pantoprazole)</i>	Yes	Yes	Yes
<i>Prilosec (omeprazole)</i>	Yes	Yes	Yes
ANTI-DIARRHEALS			
<i>Imodium capsules (loperamide)</i>	Yes	Yes	Yes
<i>Kaopectate (bismuth subsalicylate)</i>	No	No	No
ANTIEMETICS			
<i>Doxylamine (Unisome sleep tabs)</i>	Yes	Yes	Yes
ANTIFUNGALS			
<i>Gyne-lotrimin 3 or 7-day (clotrimazole)</i>	Yes	Yes	Yes
<i>Monistat 1-day (miconazole, tioconazole)</i>	Yes	Yes	Yes
<i>Monistat 3 or 7-day (miconazole)</i>	Yes	Yes	Yes
ANTIHISTAMINES/DECONGESTANTS/COUGH /COLD			
<i>Allegra (fexofenadine)</i>	Yes	Yes	Yes
<i>Afrin nasal spray (oxymetazoline)</i>	Limited use	Limited use	Limited use
<i>Benadryl (diphenhydramine)</i>	Yes	Yes	Yes
<i>Chlor-trimeton (chlorpheniramine)</i>	Yes	Yes	Yes
<i>Clarinet, Alavert (loratadine)</i>	Yes	Yes	Yes
<i>Cough Drops</i>	Yes	Yes	Yes
<i>Mucinex (guaifenesin)</i>	Yes	Yes	Yes
<i>Phenylephrine</i>	Limited use	Limited use	Limited use
<i>Robitussin Cough, Delsym (dextromethorphan)</i>	Yes	Yes	Yes
<i>Robitussin CF cough & cold (dextromethorphan + guaifenesin + phenylephrine)</i>	Limited use	Limited use	Limited use
<i>Robitussin DM (dextromethorphan + guaifenesin)</i>	Yes	Yes	Yes
<i>Sudafed (pseudophedrine)</i>	No	Yes	Yes
<i>Tylenol Cold and flu</i>	Yes	Yes	Yes
<i>Zicam</i>	Yes	Yes	Yes
<i>Zyrtec (cetirizine)</i>	Yes	Yes	Yes
LAXATIVES/STOOL SOFTENERS			
<i>Citrucel (methylcellulose powder)</i>	Yes	Yes	Yes
<i>Colace (docusate sodium)</i>	Yes	Yes	Yes
<i>Dulcolax Tablets (bisacodyl)</i>	Yes	Yes	Yes
<i>Milk of Magnesia</i>	Yes	Yes	Yes
<i>Miralax (PEG)</i>	Yes	Yes	Yes
<i>Senokot (senna)</i>	Yes	Yes	Yes

PAIN/FEVER			
<i>Aleve (naproxen sodium)</i>	No	No	No
<i>Aspirin (81 mg)</i>	If Prescribed by Doctor	If Prescribed by Doctor	If Prescribed by Doctor
<i>Motrin, Advil (ibuprofen)</i>	No	No	No
<i>Tylenol (acetaminophen)</i>	Yes	Yes	Yes
TOPICAL CREAMS/OINTMENTS			
<i>Benadryl, hydrocortisone, caladryl</i>	Yes	Yes	Yes
<i>Retin A</i>	No	No	No

What to do with common pregnancy symptoms:

Pain or headache:

Tylenol (acetaminophen) as directed.

Please call the office if headaches is not controlled or are associated with vision changes.

Cold, Runny nose:

Vaporizer at bedside

Vicks VapoRub

Nasal irrigation: Use a hypertonic or hypotonic nasal spray

Cepastat lozenges or throat sprays

Persistent sore throats should be seen by Primary Care Provider or Urgent Care

Antihistamines:

Chlor-trimetron (chlorpheniramine)

Sudafed (pseudoephedrine)

Navahistine

Tylenol cold and sinus

Claritin (loratadine)

Zyrtec

Mucinex D

Carpal Tunnel

Recommend using wrist splint bought over the counter and limiting repetitive motions / activities.

Cough:

Mucinex (guaifenesin)

Delsym or plain Robitussin Cough (dextromethorphan)

Any over the counter cough/throat lozenge

Sinus Tenderness:

Vaporizer/Vicks VapoRub

Antihistamines as above

Saline nasal spray/irrigation

Warm packs to eyes and sinuses

Heartburn/ Gastroesophageal Reflux Disease (GERD):

Maalox

Pepcid (famotidine) or Zyrtec (ranitidine)

Pepto Bismol: Do not use during pregnancy

Try small meals, avoid carbonation as well as heavy greasy foods

Nausea and vomiting (N/V):

Strategies

Avoid odors and triggers

Avoid spicy and fatty foods

Eat bland, dry high protein foods

Eat small frequent meals (3-6 per day) with fluids in between meals

Avoid an empty stomach

Keep a few crackers, a hand full of dry cereal, popcorn, or plain toast crackers at bedside; eat before rising

Get up slowly and avoid sudden movements

Eat a light snack which includes both carbohydrates and protein before going to bed.

Starting at night, you can use 1 (one) Unisom tablet with 1 (one) 50mg of vitamin B6. If the N/V continues, may use 2 (two) Unisom with 1 (one) 50mg of vitamin B6 at nighttime. Finally, if N/V is not controlled, you may add a morning dose of 1 (one) Unisom and 1 (one) 50mg of vitamin B6. If it continues, gets worse, you are unable to keep anything down or feel dehydrated, you can call the office for a prescription.

Alternative therapies

Ginger products

Peppermint Startlight candies

Lemon Drops

Elastic wristband (acupuncture point)

Antihistamines available without a script for treatment of morning sickness

Doxylamine (Unisom, sleep Aid) 10 mg daily or 12.5 mg up to three times per day

Dramamine (Dimenhydrinate) 50mg 4 times per day

Antivert (meclizine) 2 mg 3 times per day

Benadryl (diphenhydramine) 25 mg 3 times per day

Diarrhea:

You may follow these instructions if symptoms are acute and no alert signs such as fever, bloody diarrhea or weight loss have occurred.

Clear liquids/bland diet until symptoms resolve

Imodium AD

Constipation:

Water consumption should be at least 8-10 glasses of water per day

High fiber diet

Fiber laxatives such as Metamucil, Citrucel, Fibercon

Milk of Magnesia

Magnesium Citrate - 120 to 240ml orally

Colace 100 mg, take up to three times throughout the day

Glycerine suppositories

Miralax

Hemorrhoids:

Increase fluids

Increase fiber through diet or supplementation as above for constipation

Avoid straining with defecation and avoid prolonged times on toilet

Use sitz bath to soothe

Try topical therapies- will not cure, but may decrease symptoms, for example; Tucks, Preparation H,

Hydrocortisone and epi-foam