

## SAFE MEDICATIONS IN PREGNANCY

Many over-the-counter medicines are safe to use during pregnancy if needed. Every medicine today includes the warning “if you are pregnant or nursing a baby you should consult with your healthcare provider”. There are very few medications that have been so thoroughly evaluated in pregnancy as to be considered totally safe, however we are fortunate that most of these products are safe to use during pregnancy. Your goal should be to RARELY use any medications in pregnancy if possible. Here are some over-the-counter medications that have been used for many years and, as far as we know, are not associated with any problems during pregnancy.

### NAUSEA / VOMITING:

- Vitamin B6 (25mg) taken together with Unisom/doxylamine succinate (25mg) **or** Benadryl/diphenhydramine (25mg) -NOTE: these may make you sleepy so best to take at bedtime, may take another dose in the morning if needed.
- Ginger tea, ginger capsules, ginger ale, ginger candy
- Peppermint oil aromatherapy
- Acupressure Sea Bands
- Pepcid (Famotidine) 20mg or 40mg daily.

Avoid triggers (caffeine, heavy/high fat foods, orange juice, tomatoes, smells, motion). If you cannot keep solid food down then focus on hydration and take small sips of water, Gatorade/Pedialyte, soda, or any liquids that you can tolerate. Most women will have improvement in nausea/vomiting by 14 weeks. The vast majority will feel much better and will be back to normal by 18 weeks.

### CONSTIPATION:

- Fiber Supplements (Metamucil/Citrucel/Fibercon/Benefiber etc.)
- Fiber Cereals (Raisin Bran/Fiber One etc.)
- Stool Softeners (Docusate/Colace)
- Laxatives (Miralax, Dulcolax, Senna, Milk of Magnesia)
- Prune juice or stewed prunes
- Stay well hydrated

### ALLERGIES / COUGH / COLD / UPPER

#### RESPIRATORY INFECTION:

- Cough medications (Robitussin DM, Triaminic, Delsym, Mucinex DM)
- Cough drops / throat lozenges / anesthetic throat sprays
- Saline nasal spray / breathing steam
- Antihistamines: Benadryl (Diphenhydramine), Claritin (Loratadine), Zyrtec (Cetirizine)
- Flonase (Fluticasone) or Nasonex (Mometasone) nasal sprays
- Theraflu
- Chest rubs (Vicks Vaporub)
- Sudafed (Phenylephrine) - ONLY in 2nd and 3rd trimesters (after 14 weeks)

### INDIGESTION / HEARTBURN/ GAS:

- Tums/Roloids: Follow directions on bottle
- Maalox/Mylanta: Follow instructions on bottle. Excessive use can cause diarrhea
- Pepcid (Famotidine) 20mg once or twice a day
- Papaya enzyme or fresh papaya
- Peppermint or chamomile tea
- Simethicone/Phazyme/Gas-X: Follow direction on bottle

### DIARRHEA:

- Kaopectate / Immodium
- Pedialyte / Gatorade
- Avoid dairy
- BRAT Diet (Bananas, rice, applesauce, toast)

HEMORRHOIDS:

- Preparation H
- Hydrocortisone 1%
- Anusol cream or suppositories
- Tucks pads
- Cold witch hazel compresses
- Epsom Salt Soaks

FEVERS / HEADACHES / MINOR ACHES AND PAINS:

- Tylenol (Acetaminophen): Do not exceed recommend dose and limit consumption in pregnancy, newer research showing acetaminophen use in pregnancy may be related to behavioral issues like ADHD.
- DO NOT USE Advil, Ibuprofen, Motrin, Aleve, Naproxen- these may potentially affect your baby's heart or abdominal wall.
- Low dose/81 mg aspirin is used to lower risk of preeclampsia in pregnancy. Take one pill daily starting after 12 weeks. Stop 1 month before your due date.
- Aspirin also may lower risks of COVID-19 complications/placental damage if you get COVID in pregnancy.

YEAST INFECTION:

- Monistat 7 (2% miconazole)
- Gyne-Lotrimin ((1% clotrimazole)
- We do not recommend 1 or 3 day yeast treatments in pregnancy, they do not seem to be as effective.

ANEMIA:

- Ferro-Sequels: Contains stool softener
- Floradix: Herbal liquid iron supplement, must be refrigerated
- Slow-Fe: Time-released iron supplement
- Ferrous Sulfate/Ferrous Gluconate
- Take all iron supplements with Vitamin C or purchase one with Vitamin C included to enhance absorption