

Guidelines for the use of Over-the-Counter Medications:

No medication is considered 100% safe in pregnancy; therefore, we ask that you consult with us prior to taking any medications not listed below. All medications listed here should be taken in small doses and only when necessary.

FOR INDIGESTION- Try eating smaller, more frequent meals. Avoid spicy or greasy foods. If these suggestions fail, Mylanta, Maalox or Rolaid's can be used sparingly.

FOR NAUSEA OR "MORNING SICKNESS"- Eat smaller, more frequent meals and never go without food for extended periods of time. Eating a cracker or a piece of dry toast in the morning may be helpful. Ginger chews, ginger-ale, Gatorade, Emetrol or Vitamin B-6 (50 mg x 2 at bedtime and 50 mg in the morning) can also be helpful. If vomiting and/or diarrhea persist for more than 24 hours, please contact the office. A more complete list of safe medications is listed on the following page.

FOR CONSTIPATION- Increase fiber intake by eating more whole-grain breads or cereals, or cooked and raw fruits and vegetables. You should be drinking 2-3 quarts of liquid each day. If constipation persists, you can take Metamucil or Colace.

FOR DIARRHEA- Diarrhea can be caused by viruses, bacteria, medications, or rich and high-fat foods. Increase your intake of clear liquids, bananas, plain rice, applesauce, and dry-toast. Avoid milk products, sugary juices, and rich foods. If your diarrhea is severe or lasts more than 48 hours, please contact our office.

FOR HEMORRHOIDS- Usually when there are problems with constipation, hemorrhoids develop. Hemorrhoids are enlarged veins at the rectal opening, and most often include symptoms of burning, itching, or irritation. Warm baths 2-3 times per day and applying Witch-hazel, Tucks or Preparation-H after bowel movements can help to alleviate symptoms. Keeping bowel movements soft (with fiber) and regular, and avoiding any straining will allow hemorrhoids to resolve.

FOR HEADACHES- Headaches commonly occur during pregnancy, but if they become persistent or Tylenol (acetaminophen) 650mg fails to alleviate them, please contact our office.

Hopefully this information can help you to navigate some of the issues that come up naturally during pregnancy. If you have any additional questions about medications you may have taken, or that another physician has prescribed you, please do not hesitate to call us!

Medication Guidelines During Pregnancy

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During the First-Trimester (weeks 1-12), it is recommended that you should consult us before taking any medication, as this is a crucial time of fetal development.

- ALLERGIES:** Sudafed (Pseudoephedrine), Efidac, Sinarest, Sine-off, Teldrin, Sine-aid, Visine, Tylenol Allergy Sinus, Novahistine, Claritin, Alavert, Benadryl
- BACKACHE:** Mineral Ice, Eucalyptus Mint, Tylenol (Acetaminophen), Doan's, Capsugel
- COLDS:** Comtrex, Sine-aid, Chlor-trimeton, Drixoral, Triaminic, Theraflu, Tavist-D, Coricidin, Dimetapp, Actifed, Mucinex
- CONSTIPATION:** Colace (Docusate Sodium), Metamucil, Effersyllium, Fi-bars, Fibercon, Miralax, Konsyl (tabs/powder), oatmeal, Fiber-one, Prune juice, Bran cereals
- COUGH:** Tylenol cough, Robitussin-DM, Drixoral, Delsym, Triaminic
- DIARRHEA:** Imodium A-D, Kaopectate, Pepto Bismol
- HEMORRHOIDS:** Witch-Hazel, Preparation-H, Anusol HC-q, Tronolane, Tucks
- INDIGESTION:** Tums, Rolaids, Maalox, Mylanta, Tagamet, Gaviscon, Miralax, Peppermint teas, Pepcid OTC
- INSOMNIA:** Unisom, Sleepinal, Sleepy time tea, Chamomile, Tylenol PM
- ITCHING:** Americane, Xylocaine 2.5% ointment, Dermoplast, Aloe-vera with lidocaine, Caldecort, Alpha Keri, Aveeno Bath, Nupecaine, Psoriasis/Eczema relief cream, Cortizone, Benadryl tabs/cream, Gelvis
- NASAL CONGESTION:** Neo-synephrine, Afrin, Efidac, Na-Sal, Privine, Vicks, Saline, Ocean Spray, Eucalyptus oil, Sinutab, Nasal Moist
- NAUSEA:** Ginger tea/ales/chews, Peppermint tea/candy, Gatorade, Pedialyte (dilute to ½ strength), Vitamin B-6, Unisom, Sea Bands
- PAIN RELIEVERS:** Tylenol (acetaminophen)
- SORE THROAT:** Any lozenges, Chloraseptic spray, salt-water gargle