

PHYSICIANS' PRIMARY CARE OF SWF OB/GYN DIVISION

MEDICATIONS IN PREGNANCY

It is important that during pregnancy your health care provider knows that you are pregnant when prescribing medication. It is best to avoid medications during pregnancy, but sometimes taking a medication is important and the benefits outweigh the risks. As your health care providers, we understand the need to use some medications at times. However, these should be used as little as possible, especially during the first twelve weeks of your pregnancy.

Complaint

Medication

Nausea	Emetrol, Preggie Pops, Unisom Sleep Tablets 25 mg (½ tab) with B6 (10-25 mg) 1 tablet at breakfast and Lunch. Take Unisom 25 mg with one B6 at bedtime.
Headache/Temperature	Tylenol, Extra Strength Tylenol
Cold/Nasal Drainage	Afrin Nasal Spray, Claritin, Claritin-D, *Actifed Plain
Cold/Congestion/Cough	Robitussin DM *Tylenol Cold Day (non-drowsy) Actifed Plain Thera-Flu (not for pregnancy induced hypertension or hypertension) Coricidin (take if you have hypertension, do not take Tylenol with the Coricidin) Benadryl (okay in the first trimester). Mucinex (do not take with Robitussin) All cough drops Airborne (seasonal line only not regular Airborne, has too much Vitamin A)
Constipation	Colace 100 mg or 200 mg two times a day, Metamucil, Citrucel, *Milk of Magnesia two tbsp at bedtime. If not effective, try 4 oz of papaya juice and 4 oz of pineapple juice
Indigestion/Heartburn	Riopan, Riopan Plus, Tums, Di-Gel, Mylanta, Pepcid, Zantac
Gas	Mylanta Gas, Gas-X
Hemorrhoids	Tucks, sitz baths
Skin Itching/Rash	Cortaid 1% Hydrocortisone Cream Benadryl (okay in first trimester) RID for lice No Retin-A Salicylic acid and benzoyl peroxide okay

*These medications should not be taken during the first 12 weeks of your pregnancy. Please call you health care provider if you are unsure of how many weeks pregnant you are, if you are not feeling better within 2-3 days or if you have a temperature above 100.2 degrees F.