



## Medications and Pregnancy

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### SAFE MEDICATIONS IN PREGNANCY

**Tylenol** (including **Extra Strength Tylenol**) is safe at any time during the pregnancy in its usual dose. We **do not** recommend other pain relievers such as Advil, Aleve or aspirin.

Over-the-counter antacids are safe in pregnancy. **Maalox, Mylanta, Tums, Roloids, Pepcid AC, and Zantac 75** are acceptable.

Nausea and vomiting or "morning sickness" is common. Prenatal vitamins and iron can cause nausea. It may be helpful to take your prenatal vitamin at bedtime. You may need to substitute your prenatal vitamin temporarily with a children's chewable vitamin with folic acid. You should take at least 0.8 mg of folic acid daily. Frequent small meals often help with morning sickness as well as ginger tea, or motion sickness bands. **Unisom** may be used, although it may make you drowsy. Take 1/2 – 1 tablet at bedtime. This often has a residual effect into the next day. You may also take a 1/2 tablet in the morning if necessary. **Vitamin B6** 25 mg or brand name **Nestrex** may be taken three times a day for nausea. **Emetrol** may also be helpful.

Over-the-counter cold medicines are safe during any stage of pregnancy. However, we do not recommend cold syrups that have alcohol in them or combination cold preparations which have Advil or aspirin in them. The following are suggested medications for cold or flu symptoms:

**Cough – Robitussin or Robitussin DM**

**Constipation – Colace**

**Diarrhea – Kaopectate or Imodium**

**Fever – Tylenol**

**Muscle Aches – Tylenol**

**Nasal Congestion or Sinus Pain or Pressure – Mucinex, Sudafed, Benadryl, or nasal sprays**

**Sore Throat – any throat lozenge**

**Runny Nose – any over-the-counter antihistamine**

**Sleeplessness – Tylenol PM.**

Many prescription pain medications, antibiotics, and anti-nausea medications are safe during pregnancy. However, feel free to contact us if you are prescribed any **prescription** medications.