



Hawaii Women's Healthcare
Comprehensive Care in Obstetrics and Gynecology

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Medications in Pregnancy

Refraining from any medication during your pregnancy is the best option. However if it is preventing you from daily activities, follow guidelines below. If symptoms, persist, please discuss with your physician at your next visit.

**Try to avoid any medication during the first 13 weeks of pregnancy.*

Allergies: Antihistamine (Benadryl, Claritin, Zyrtec).

Congestion/Cold: Benadryl, Robitussin (plain). Cold air humidifier.

Constipation: Citracel, Bran Cereal, Stool Softener (Colace, Docusate), Laxatives (Doxidan, Pericolace), Milk of Magnesia.

Cough: Robitussin (plain), Vicks or Halls cough drops.

Diarrhea: Imodium-AD, Kaopectate, BRAT Diet (bananas, rice, apple sauce, tea and toast). AVOID DAIRY PRODUCTS AND FATTY FOODS.

Fever: Acetaminophen (Tylenol)

Heartburn: Tums, Rolaids with calcium, Maalox, Mylanta, Gaviscon, Zantac, Pepcid and Prilosec (use as directed). DO NOT TAKE PEPTO BISMOL.

Hemorrhoids: Anusol with Hydrocortisone, Preparation H with Hydrocortisone, Tucks Pads, warm tub baths with Epsom salt.

Leg Cramps: Magnesium tablets, calcium carbonate tablets. Increase water intake.

Nausea: Vitamin B6 (50mg a day), Ginger capsules, Unisom (use as directed). Frequent small meals.

Pain: Acetaminophen (Tylenol), take according to directions on bottle, do not exceed the recommended dose. DO NOT TAKE ASPIRIN OR IBUPROFEN (Motrin, Advil, Aleve).

Sore Throat: Throat lozenges (Cepacol, Halls) and salt water gargles.