

Medication Use During Pregnancy



It is generally best to avoid using medications during pregnancy, especially during the first trimester. If necessary, there are some medications that are considered safe to use on a short-term basis. These medications are listed below. If you feel it is necessary to use any medication on a long-term basis, be sure to discuss the medication use with your physician.

Problem	Medication	Directions
Allergy	Benadryl Claritin	Follow package directions
Cold and Congestion	Afrin Nasal Spray Chlor-Trimeton Sudafed	If conservative measures don't work, take for 2-3 days, if symptoms are severe
Constipation	Citrucel Colace (Docusate Sodium) Fibercon Metamucil Milk of Magnesia Senokot	If conservative measures fail, use as needed.
Cough	Robitussin Throat Lozenges Zinc Lozenges	Follow package directions.
Diarrhea	Imodium Kaopectate	Follow package directions.
Headache/Fever/ Pain	Acetaminophen (Tylenol)	2 tablets very 4-6 hours as needed, Max 4000mg daily
Heartburn	Antacids: Maalox Mylanta Rolaids 500s Tums EX Pepcid, Tagamet, Zantac Omeprazole	Take antacids ½ hour before meals and before bedtime. Other medications, follow package directions.
Hemorrhoids	Anusol-HC Preparation H	Follow package directions.

Morning sickness	Vitamin B6 and Unisom Ginger (Ale, tablets)	B6 25 mg twice/day Unisom once/ day at night.
Rash	Benadryl Lotion Cortaid Cream	Follow package directions
Vaginal Yeast Infection	Gynazole 1 Gyne-Lotrimin Monistat	Follow package directions