

Medications in Pregnancy

All medication should be used cautiously and in moderation during pregnancy. Please remember that “non-drug treatment” should be first attempted. If no relief, you may use the following guidelines. We have compiled a list of common problems in pregnancy and remedies including medications that are available without a prescription and considered safe in pregnancy. Use them as directed by the manufacturer. If relief is not achieved with over the counter medication, please contact the office for further evaluation.

Nausea/Morning Sickness

- Avoid large meals and try eating smaller portions frequently throughout the day.
- Sip liquids frequently instead of drinking full glasses of fluids.
- Prenatal vitamins may contribute to nausea. Try taking them at bedtime or with a meal.
- Motion sickness bracelets
- Ginger root tea, ginger snap cookies or ginger ale.
- “Mommy’s Bliss Morning Sickness Magic”
- Vitamin B6, 25 mg, 4 times a day and Unisom (with doxylamine) 1/2 tablet at bedtime.
- Emetrol
- Meclizine 12.5 mg every 6 hours as needed.
- Dimenhydrinate (Dramamine) 25-50mg every 4-6 hours - do not go over 200mg a day
- Ginger capsules 250mg 4 times per day.
- Please call the office if symptoms persist as you may need further evaluation and prescription strength medications.

Constipation

- Increase intake of water. Increase fiber in your diet. Keep active with regular physical exercise.
- Stool softeners - Colace (docusate sodium)
- Powdered fiber - Metamucil, Citrucel or Benafiber
- Miralax (polyethylene glycol)
- Milk of Magnesia - NOT to be used daily, but may be used on occasion for more severe constipation.

Heartburn

- Avoid lying down for 2 hours after eating a meal.
- First try Tums, Roloids or liquid Maalox. If no relief, try one of the following (Note: Do not take Tums at the same time as the prenatal vitamins):
 - Prilosec (omeprazole), Pepcid AC

Acne

- Topical medications such as benzoyl peroxide or salicylic acid are safe in pregnancy.

Gas

- Gas-X (Simethicone)

Address: 402 West Jefferson, Ste B, Kirksville, MO 63501

Phone: 660-665-3555

Hours: 8:00 am - 12:00 pm and 1:00 pm - 5:00 pm

**If you need assistance after hours or the weekend, please call the OB floor at
Northeast Regional Medical Center at 660-785-1750.**

Diarrhea

- Clear fluids
- Imodium

Hemorrhoids

- Prevent constipation and keep stools soft.
- Tub soaks after bowel movements are beneficial for healing.
- Ice packs
- Topical Preparation H with 1% hydrocortisone or Tucks Hemorrhoid Ointment
- Tucks Hemorrhoid pads with witch hazel
- Anusol Suppositories

Headache/Body Aches/Fever

- Tylenol (Acetaminophen) - Do not take more than 3000 mg/day which is equivalent to 6 extra strength tablets.
- ***DO NOT USE ASPIRIN OR IBUPROFEN*** unless directed by your obstetrician.

Colds/Congestion

- Vick's Vapor Rub
- Saline nasal sprays or nasal/sinus cleansing washes such as the Neti Pot.
- Neosynephrine nose drops 0.25%, Sudafed (pseudoephedrine), Flonase nasal spray or Afrin nasal spray (may only be used for up to 3 days).
- Benadryl (diphenhydramine), Mucinex

Seasonal Allergies

- Zyrtec, Claritin, Benadryl, Actifed, Chlorpheniramine
- Fluticasone nasal spray

Sore Throat/Cough

- Throat lozenges such as Halls, Sucrets, Ludens, Ricola, Cepacol or Chloraseptic.
- Throat spray such as Chloraseptic spray.
- Cough syrup containing guaifenesin or dextromethorphan are acceptable, such as Robitussin DM.

Difficulty Sleeping

- Benadryl (diphenhydramine), Unisom or Tylenol PM

If you have any questions regarding medications in pregnancy, please feel free to call anytime or ask during your prenatal visit.

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