















# Taking Medications During Pregnancy

Keep this list so you can reference it later.

During pregnancy, your immune system is different. You are more susceptible to infection. You are also at risk for hemorrhoids, allergies, and other discomforts. Use the guidance below to help with your symptoms. This list doesn't include every issue or medication. Talk to your doctor about relief for other symptoms you may have. Always talk to your doctor before starting or stopping any medications.

<b>Allergies/ Hay fever</b>		<ul style="list-style-type: none"> <li>• Claritin®</li> <li>• Tylenol® Sinus or Allergy</li> <li>• Allegra®</li> <li>• Zyrtec®</li> <li>• Benadryl®</li> <li>• Nasacort®</li> </ul>
<b>Cold</b>		<ul style="list-style-type: none"> <li>• DayOuil™</li> <li>• Chlor-Timeton®</li> <li>• Tylenol® Cold products</li> </ul>
<b>Constipation</b>		<ul style="list-style-type: none"> <li>• Drink plenty of water and eat whole grain products (bran cereals, fruits and vegetables)</li> <li>• Fiber supplements (FiberCon®, Metamucil®, Benefiber®)</li> <li>• Stool softeners (Colace®, Surfak®)</li> <li>• Laxatives (Senna, Miralax®, Magnesium citrate, Dulcolax® Suppositories, Fleet® enemas)</li> </ul>
<b>Cough</b>		<ul style="list-style-type: none"> <li>• Robitussin® (<b>not DM</b>)</li> <li>• Triaminic®</li> <li>• Cough drops</li> <li>• Benylin®</li> <li>• Mucinex®</li> </ul>
<b>Diarrhea</b>		<ul style="list-style-type: none"> <li>• Imodium® A-D</li> <li>• Kaopectate®</li> </ul>
<b>Headache/ Back Pain/ General Pain</b>		<ul style="list-style-type: none"> <li>• Tylenol® or Tylenol® Extra Strength</li> <li>• <b>Do not take products that contain aspirin, ibuprofen (Motrin® or Advil®) or naproxen sodium (Aleve®)</b></li> <li>• Heating pad</li> <li>• Back stretches</li> <li>• IcyHot®</li> <li>• Belly cradles</li> <li>• Massage</li> </ul>
<b>Heartburn/ Indigestion/ Gas</b>		<ul style="list-style-type: none"> <li>• Pepcid®, Zantac®, Prilosec OTC, Nexium®, Mylanta®, Maalox®, Tums®, Milk of Magnesia</li> <li>• <b>Do not take Pepto-Bismol® or other products that contain aspirin</b></li> </ul>

<b>Hemorrhoids</b> 	<ul style="list-style-type: none"> <li>• Preparation H®</li> <li>• DermaPlast®</li> <li>• Witch hazel</li> <li>• Tucks® Pads</li> <li>• Anusol™</li> </ul>
<b>Insomnia</b> 	<ul style="list-style-type: none"> <li>• Tylenol® PM</li> <li>• Magnesium</li> <li>• Unisom®</li> <li>• Benadryl®</li> </ul>
<b>Leg Cramps</b> 	<ul style="list-style-type: none"> <li>• Caltrate®</li> <li>• Warm compress</li> <li>• Stretching</li> <li>• Magnesium</li> <li>• Calcium</li> <li>• Massage</li> </ul>
<b>Nasal Congestion</b> 	<ul style="list-style-type: none"> <li>• Mucinex®</li> <li>• Ocean® nasal spray</li> <li>• Afrin® nasal spray</li> <li>• Tylenol® Sinus</li> </ul>
<b>Nausea/ Vomiting</b> 	<ul style="list-style-type: none"> <li>• Stop taking prenatal vitamins and take folic acid (0.4 mg) each day. Eat small, frequent meals of bland foods like toast, crackers, bread, etc.</li> <li>• Take ginger capsules (250 mg) up to 4 times each day.</li> <li>• Use P6 acupressure wrist bands</li> <li>• Take vitamin B6 (10-25 mg) up to 4 times each day</li> <li>• Doxylamine (Unisom®) (12.5 mg) up to 4 times each day</li> <li>• Dramamine® (25-50 mg) every 4 hours as needed</li> <li>• Benadryl® (25-50 mg) every 4 hours as needed</li> <li>• Ginger ale or ginger candy</li> </ul>
<b>Sore Throat</b> 	<ul style="list-style-type: none"> <li>• Throat lozenges (Cepacol®, Ricola®, Sucrets®)</li> <li>• Warm saltwater gargles</li> <li>• Chloraseptic® spray</li> </ul>
<b>Yeast Infections</b> 	<ul style="list-style-type: none"> <li>• Monistat®</li> <li>• Gyne-Lotrimin</li> </ul>