

SOUTH VALLEY WOMEN'S HEALTH CARE

SAFE MEDICATIONS FOR USE IN PREGNANCY

Pregnancy is a time to be careful with medications and limit their use, especially in the first trimester. However, there are safe over-the-counter medications, which are approved for use in pregnancy. Keep in mind that most illness comes from a virus and may last 10-14 days. Over-the-counter medications are used for relief of symptoms until your body has time to recover. Antibiotics do not cure viral illness and will not be prescribed for colds or flu symptoms unless your medical provider determines that you have a secondary bacterial infection. The following list includes some common complaints and the suggested medications. Follow dosing instructions on packages, speak with your pharmacist and explain that you are pregnant, and/or call the Pregnancy Riskline (see pamphlet insert) to assure the medication is safe in pregnancy.

COMMON COLDS AND FLU

- *Tylenol (acetaminophen) – fever, aches and pains such as: headache, backache, and muscle cramps
- *Sudafed – nasal congestion
- *Robitussin DM – for cough and bronchial congestion
- *Ocean Saline nasal drops – for nasal stuffiness
- *Benadryl or Chlortrimeton – for allergies, runny nose, and post nasal drip
- *Throat Lozenge – for sore throat
- *Warm salt water – gargle 3-4 times a day

NO medications containing aspirin or ibuprofen unless prescribed by your doctor

INDIGESTION AND HEARTBURN

- *Tums
- *Liquid antacids (may work better in late pregnancy)
- *Pepcid AC

DIARRHEA

- *Immodium AD (tablets or liquid)

CONSTIPATION

- *Colace stool softeners or other brands containing 100 mg of docusate sodium
- *Dulcolax suppositories
- *Metamucil or Fibercon tablets for long-term therapy of chronic constipation

VAGINAL YEAST INFECTIONS

- *Monistat 7 (cream or suppositories)

HEMORRHOIDS

- *Preparation H (suppositories, cream or ointment)
- *Tucks pads