



## Pregnancy Medication Guide

### ***Nausea—***

Nausea is a common problem during pregnancy and is considered normal. The following suggestions may help with your symptoms:

- Avoid an empty stomach by eating 6 small meals per day. Try crackers and peanut butter before bed, and crackers or dry Cheerios first thing in the morning.
- Tums or Roloids may help.
- Try vitamin B6, 25 mg in the morning and again at night. Most stores carry a 50mg pill which can be broken in half
- If nausea persists, add doxylamine (Unisom) 12.5 mg to the vitamin B6. Unisom is actually an antihistamine and comes in 25 mg pills which should be broken in half.
- Emetrol is sometimes helpful. Follow directions on the bottle.
- B-Natal Pops are also allowable.
- Prescription nausea drugs are available, but should only be used if your nausea is accompanied by persistent vomiting.

### ***Constipation—***

Prenatal vitamins contain large amounts of iron which can lead to constipation. Many prenats now contain stool softeners, so ask about your vitamin and change if needed. The following tips may also alleviate constipation:

- Drink large amounts of water (four 8 oz. glasses per day).
- Incorporate more fiber into your diet.
- Exercise.
- Stool softeners such as docusate sodium (Colace) may be taken 1 to 2 times daily.
- Laxatives such as Fleet Bisacodyl, Ex-Lax, Correctol, magnesium citrate and castor oil should not be taken as they cause abdominal cramps.
- Senokot and Peri-colace are also laxatives, but are more gentle and may be used periodically.

- Glycerin suppositories may be used as needed. Insert one and repeat in 20 minutes if needed.
- Metamucil, Citracel and Fibercon can be used daily. Be sure to increase your water intake with these.

### ***Cold/Cough—***

Unfortunately, coughs and colds happen to pregnant women, too. In general, these are treated the same as in non-pregnant women. Follow these guidelines when choosing a remedy:

- Read product labels. Do not take products containing ibuprofen (Advil, Motrin), naprosyn (Aleve), or aspirin.
- Products containing acetaminophen (Tylenol) are safe.
- Most products contain combinations of the following: pseudoephedrine, dextromethorphan, and guaifenesin. Common names are Sudafed, Actifed, Tavist, Triaminic, Tylenol Cold, and Theraflu. All are allowed. Any of these products with a "D" added, such as Tavist-D, are also okay. Follow package directions and do not exceed recommended doses.
- Claritin and Claritin-D may be used.
- Chest rubs such as Vicks are safe.
- Saline nasal spray (Ocean Spray) can be used, but do not use Afrin.
- Any of the Robitussin products is safe, as are throat lozenges and sprays. Always follow label directions.
- Vaporizers may also be helpful for alleviating congestion.

### ***Fever/Headache—***

- Acetaminophen (Tylenol) may be taken: 2 Regular Strength every 4 hours not to exceed 12 pills in 24 hours.
- Extra Strength Tylenol may be taken: 2 every 4 to 6 hours not to exceed 8 pills in 24 hours.

- Remember that many cold products also contain acetaminophen, so watch total intake. Do not exceed 4 grams (4000 mg) in 24 hours.

### ***Indigestion/Heartburn—***

- Tums, Roloids, Maalox, Mylanta, Pepcid AC, Zantac and Prilosec OTC are allowed. Use as directed.
- Mylicon and Gas-X are safe for gas pain.

### ***Diarrhea—***

- Take Kaopectate or Imodium as directed.
- Drink ample liquids, and stay on liquids for 12-24 hours or until symptoms subside.
- Popsicles, Gatorade, and clear soups are helpful.
- When you reintroduce solid foods, stick with low fat crackers, rice, grits, etc. Avoid fried, fatty, or spicy foods.
- Call the office if diarrhea persists beyond 48 hours.

### ***Hemorrhoids—***

These are a common ailment of pregnancy because of the changes in circulation caused by the growing baby.

- Try Preparation H with HC, Anusol HC, Nupercainal, and Lanacaine spray, and Tucks medicated pads.
- Warm soaks sometimes relieve hemorrhoid discomfort.
- Avoid constipation by eating a healthy, fiber-rich diet.
- While the medications soothe discomfort and decrease swelling, hemorrhoids generally do not go away completely until after delivery of the baby.

### ***Yeast Infection—***

Any over the counter yeast medication is allowed. However, do not douche while pregnant.