

Medications in Pregnancy and Postpartum

We recommend you avoid the use of medications, unless necessary. If a medication is required, the following medications are safe during pregnancy and can be found over-the-counter at your pharmacy. Use the category A and B medications, before using a category C medication.

Anytime you do not feel well, increase your fluid intake and rest. If after 24 hours you do not have any relief or develop a fever, call the office to see what your provider recommends.

Allergies

- Benadryl
- Zyrtec
- Allegra
- Flonase
- Nasacort

Bowel/Gas pains

- Gas-X, Phazyme, Mylicon (simethicone) category C

Cold with cough

- Cough Drops
- Chloraseptic spray
- Mucinex
- Mucinex D

Cold with congestion

- Benadryl (diphenhydramine) category B
- Sudafed (pseudoephedrine) category C (check with provider if high blood pressure)
- Sudafed PE (phenylephrine) category C (check with provider if high blood pressure)

Constipation

- Fiber Supplements:
 - Metamucil (psyllium) category A
 - FiberCon (polycarbophil) category A
- Colace (docusate) category A
- Peri-Colace (docusate + sennosides) category C
- Dulcolax (bisacodyl) category A
- Milk of Magnesia (magnesium hydroxide) category A
- Miralax

Diarrhea

- Imodium AD (loperamide + simethicone) category C

Headache/Pain

- Tylenol or Extra Strength Tylenol (acetaminophen) category B
- DO NOT take Ibuprofen such as Motrin, Aleve or Advil (except for 81mg of Aspirin in certain conditons).
- DO NOT take Aspirin

Heartburn

- Pepcid AC (famotidine) category B
- Tums (calcium carbonate) first trimester
- Gaviscon (aluminum hydroxide, magnesium carbonate)
- Maalox (aluminum hydroxide, magnesium hydroxide) first trimester
- Mylanta (aluminum hydroxide, magnesium hydroxide, simethicone), first trimester
- Prilosec OTC (omeprazole) category C
- Prevacid

Hemorrhoids

- Preparation H
- Tucks Pads

Nausea

- OTC Pyridoxine (Vitamin B6) 50 mg tablet, take 1/2 tablet four times a day
- OTC Doxylamine (Unisom) 25 mg tablet, take 1/2 tablet at bedtime
- Ginger

Yeast infection - (Cream or Suppositories)

- Monistat 7 (miconazole)
- Gyne-Lotrimin 7 (clotrimazole)