



MEDICATIONS AND TREATMENTS FOR PREGNANCY AND BREAST-FEEDING

The following list of medications are proven safe for use in pregnancy and breast-feeding. If you have symptoms which last longer than 4-5 days despite the regular use of the following medications or instructions, please call our office or your family physician during the regular business hours.

NAUSEA AND VOMITING DURING PREGNANCY: Eat frequent, small meals. Avoid fatty foods. Keep crackers at the bedside and eat them upon awakening. Ginger root capsules, candied ginger or raspberry herbal tea may be helpful. Try Emetrol or Vitamin B6 50-100mg daily, Pepcid 20mg up to twice a day, Prevacid 20mg up to once daily, Unisom (doxylamine-active ingredient) ½ tablet at bedtime + Vitamin B6 50mg up to 2-3 times daily.

FEVER, HEADACHE: Regular or extra strength Tylenol, 2 tablets every 6 hours as needed.

COLDS, NASAL CONGESTION: Actifed, Sudafed, Tylenol Cold medicine. AVOID nasal sprays except Saline nasal spray, which may be used as needed.

COUGH: Robitussin or any similar over the counter medicine, or any type of cough lozenge.

INDIGESTION AND HEARTBURN: Avoid eating within 2 hours of bedtime. Use Tums, Rolaids, Mylanta (These are also an excellent source of calcium). Prevacid 20mg once daily.

CONSTIPATION: Drink at least 2 liters of water daily (avoid soda and fruit juices). Increase consumption of fresh fruits and vegetables, avoid fatty foods. Use Metamucil or Citrucel one or two times daily, as needed to keep stools soft but formed. If constipation is severe, use Milk of Magnesia sparingly.

HEMORRHOIDS: Keep stools soft by using techniques listed above for constipation. Use Preparation H or Anusol (cream or suppositories). Tucks can be very soothing.

ALLERGY: Claritin, Zyrtec - 1 daily. Benadryl 25-50mg every 6 hours or as needed.