

## **MEDICATIONS IN PREGNANCY / LACTATION**

During your prenatal and lactating period, the best policy is to **avoid all medications, (especially in the first 3 months!) except your prenatal vitamins.** However, when you are troubled by certain common discomforts, there are a number of over-the-counter medications we recommend that *are considered safe* during pregnancy and/or with breastfeeding. Please take the adult dose recommended as listed on the medication.

### **ALLERGIES**

Diphenhydramine [Benadryl]  
 Chlorpheniramine [Chlor-trimeton]  
 Claritin  
 Zyrtec

### **COMBINATION ALLERGY / DECONGESTANT**

Actifed [Pseudoephedrine plus Triprolidine]

### **CONSTIPATION**

Docusate Sodium [Colace]  
 Metamucil  
 Fibercon  
 Fiber pills / supplement  
 Milk of Magnesia  
 Dulcolax suppository usage should be once a week or less.

- Increase your fluid and fiber intake

### **COUGH**

Guaifenesin [Robitussin Plain or DM]  
 Mucinex Plain or DM

### **DECONGESTANT (Stuffy nose)**

Pseudoephedrine [Sudafed]  
 Saline nasal spray  
 Oxymetazoline [Afrin] nasal spray (has a rebound effect if used for more than 3 days).

**Do not take any drugs containing phenylephrine HCl, i.e. Sudafed PE.**

### **DIARRHEA**

Loperimide [Imodium A-D].  
**Do not take Pepto-Bismol or Kaopectate** as it contains salicylates (aspirin).

### **DIFFICULTY SLEEPING**

Benadryl  
 Tylenol PM  
 Unisom

### **HEADACHE**

Acetaminophen [Tylenol]  
**Do not take Aspirin** [acetylsalicylic acid] or aspirin- containing products unless prescribed  
**Do not take Ibuprofen** [Motrin, Advil, Nuprin] during pregnancy, but can be taken while nursing, as very little is excreted in the breast milk.

### **HEARTBURN**

Maalox  
 Mylanta  
 Riopan  
 Gelusil  
 Pepcid AC – may increase to 20mg 2x daily  
 Rolaids  
 Tums

### **HEMORRHOIDS**

Anusol  
 Preparation H  
 Tronolane  
 Tucks

### **NAUSEA / VOMITTING**

Unisom  
 Vitamin B6

### **SORE THROAT**

Chloraseptic lozenges or spray

- If you have a fever and sore throat, you may need to be checked for strep throat.

**Do not take Chloraseptic liquid** - it contains a high percentage of alcohol.

### **VITAMINS**

**Do not take mega doses of unprescribed vitamins.**

If you have questions about specific medications or if symptoms continue after use of the above medicines, please call the office (563-557-5959) between 8am and 4pm Monday through Friday. If the office is closed, please ask to talk to the provider on call.