

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 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 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 little is excreted in the breast milk.

HEARTBURN

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

HEMORRHOIDS

Anusol
 Preparation H
 Tronolane
 Tucks

NAUSEA / VOMITTING

Unisom
 Vitamin B6
 Benadryl

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.

YEAST

Monistat - Miconazole
 Gyne-Lotrimin
Do not take Diflucan.



If you have questions about specific medications or if symptoms continue after use, 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.