

## Medications During Pregnancy

It is always best to avoid taking any medication during pregnancy. Medications that is prescribed should be taken on a risk versus benefit ratio. This means that the benefit of the drug should clearly outweigh any potential risk to your baby.

The following list includes medications you may take without calling our office if you are greater than 13 weeks pregnant:

<b>PROBLEM</b>	<b>TRY FIRST</b>	<b>MEDICATIONS</b>	<b>PRECAUTIONS</b>
Nausea/Vomiting	Eat small frequent meals, drink liquids between meals instead of with food. Avoid foods with strong odors or that are fatty, fried or spicy. Eat crackers in the morning. Eat a small snack at night high in protein.	Unisom (1/2 tab) with 50mg Vitamin B6 at bedtime-may repeat in the morning and again at 4pm if needed; Ginger capsules 340mg three times day; c-bands/relief bands.	
Headache/pain relief/fever	Cold, dark plate, neck massage	Acetaminophen (Tylenol)	Avoid aspirin, motrin and ibuprofen. Call provider if severe and/or persistent
Heartburn/indigestion Gas/upset stomach	Avoid spicy, greasy or fatty foods. Eat smaller and more frequent meals; remain upright for an hour after eating	Mylanta, Tums, Maalox, Gas X, Zantac, Pepsid AC, Rolaids	Avoid Pepto Bismol
Colds/Nasal Congestion/Cough/Allergies	Get plenty of rest; drink lots of fluids; try cold mist vaporizer; try nasal saline spray	Robitussin plain or DM; Sucrets; Chloraseptic spray or lozenges; Sudafed; Afrin (2-3 days only); Mucinex; Chlortimeton; Dimetapp; Bendaryl; Tylenol Allergy; Claritin; Zyrtec; Alavert	Make sure lozenges are alcohol free; Avoid Allegra. Call provider if fever is >101 degrees, severe persistent sore throat or cough
Constipation	Increase fluids, high fiber foods (fruits and bran) and exercise (if ok with your provider)	Colace; Milk of Magnesia; Senokot, Dulcolax, Metamucil, Fiber-All, Citrucel, Surfak, Pericolace, Miralax	Avoid mineral oil, enema, magnesium citrate or castor oil
Diarrhea	Stick with a clear liquid diet for 24 hours	Immodium AD, kaopectate	Call provider if persists longer than 24 hours and/or fever
Hemorrhoids	Chilled witch hazel pads (tucks); sitz baths	Preparation H, Anusol	
Insomnia	Take a luke-warm bath; warm milk	Unisom sleep tab; Tylenol PM	
Vaginal yeast infection		Monistat, gyne-lotrimin	
Skin itching		Benadryl; topical caladryl lotion; aveeno bath salts	Notify provider if rash is present or does not improve after 24 hours

Lice	All linens should be washed in hot water; personal hygiene products such as combs & brushes should be disinfected	Nix cream rinse; Acticin; Elimite	
Leg Cramps	Stretch and massage calves before bed; bananas, oranges and orange juice		

The following are common conditions for which medications are often prescribed:

<b>Medication use</b>	<b>Ok to continue until your first visit</b>	<b>Notify your provider</b>
Hypertension	Methyldopa/Aldomet Labetalol Metoprolol Nifedipine	Atenolol ACE inhibitors (ending with -pril) Sprinolactone Nitroprusside
Depression/Anxiety	Buspar Wellbutrin Zoloft Prozac Celexa Lexapro Effexor	Xanax Ativan Paxil Restoril Lithium
Thyroid	Synthroid/Levothyroxine	
Headaches	Acetaminophen	Ergotamine NSAID/ibuprofen/Naproxen Triptan drugs Opioids
Anti-convulsant	Lamotrigine/Lamictal	Valproate Phenytoin Carbamazepine Phenobarbital Topiramate
Diabetes	Insulin Glucophage Metformin	Tolbutamide Acarbose Rapaglinide
GERD/Reflux	Antacids Carafate Ranitidine/Zantac Cimetidine/Tagamet Omeprazole/Prilosec	Alka Seltzer Protonix Prevacid Nexium