

# Medications During Pregnancy

While pregnant, medications should be taken only when the benefit of the drug outweighs the potential risk to the baby. The following list of medications may be taken without calling your OB-GYN office if you are more than 13 weeks pregnant. Contact your OB-GYN if you have any questions or concerns.

Health Issue	Non-Medication Options	Medication	Precautions
<b>Nausea and vomiting</b>	<p>Eat 3 to 6 small, frequent meals.</p> <p>Drink liquids between meals instead of with meals.</p> <p>Avoid foods with strong odors or that are fatty, fried, or spicy.</p> <p>Eat crackers in the morning and a small, high-protein snack at night.</p>	<p>Unisom (½ tab) with 50 mg Vitamin B6 at bedtime. May repeat in the morning and again at 4 p.m. if needed.</p> <p>Take 340 mg ginger capsules 3 times a day.</p> <p>Use Sea-Band® or Relief Band anti-nausea wristbands.</p>	—
<b>Headache, pain, and fever</b>	<p>Try sitting in a cold, dark place; neck massage; rest; increase water intake; and eat small, frequent meals.</p>	<p>Acetaminophen (Tylenol®)</p>	<p>Avoid aspirin, Motrin®, and ibuprofen. Call provider if severe and/or persistent.</p>
<b>Heartburn, indigestion, gas, and upset stomach</b>	<p>Avoid spicy, greasy, or fatty foods.</p> <p>Eat smaller and more frequent meals.</p> <p>Remain upright for an hour after eating.</p> <p>Elevate head of the bed.</p>	<p>Mylanta®, Tums®, Maalox®, Gas X®, Pepcid AC®, Roloids®</p>	<p>Avoid Pepto Bismol®.</p>
<b>Colds, nasal congestion, cough, and allergies</b>	<p>Get plenty of rest and drink lots of fluids.</p> <p>Try cold mist vaporizer and nasal saline spray.</p>	<p>Robitussin® DM; Sucrets®; Chloraseptic® spray or lozenges; Sudafed®; Afrin® (2 - 3 days only); Mucinex®; Chlortimetone®; Dimetapp®; Bendaryl®; Tylenol® Allergy; Claritin®; Zyrtec®; Alavert®; Flonase® (nasal spray); Rhinocort® (nasal spray)</p>	<p>Make sure lozenges are alcohol-free.</p> <p>Avoid Allegra®.</p> <p>Call provider if you have a fever higher than 101 degrees, severe persistent sore throat, or cough.</p>
<b>Constipation</b>	<p>Increase fluids, high fiber foods (fruits and bran), and exercise (if approved by your provider).</p>	<p>Colace®, Milk of Magnesia®, Senokot®, Dulcolax®, Metamucil®, Fiber-All®, Citrucel®, Surfak®, Pericolace®, Miralax®</p>	<p>Avoid mineral oil, magnesium citrate, castor oil, and enemas.</p>
<b>Diarrhea</b>	<p>Stick with a clear liquid diet for 24 hours.</p>	<p>Immodium® AD, Kaopectate®</p>	<p>Call provider if symptoms persist longer than 24 hours and are accompanied by fever.</p>

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<b>Hemorrhoids</b>	Try chilled witch hazel pads (Tucks®) or a sitz bath.	Preparation® H, Anusol®	—
<b>Insomnia</b>	Take a luke-warm bath. Use relaxation exercises. Drink warm milk or decaffeinated tea before bed. Reduce or eliminate caffeine.	Benadryl®; Unisom® sleep tab; Tylenol® PM	—
<b>Vaginal yeast infection</b>	—	Monistat® (7-day treatment), Gyne-Lotrimin®	—
<b>Skin itching</b>	—	Benadryl®; Topical Caladryl® lotion; Aveeno® bath salts	Notify provider if rash is present or does not improve after 24 hours.
<b>Lice</b>	All linens should be washed in hot water. Personal hygiene products such as combs and brushes should be disinfected.	Nix® cream rinse; Acticin®; Elimite®	—
<b>Leg cramps</b>	Stretch and massage calves before bed. Elevate legs. Drink orange juice and eat bananas and oranges. Take a bath with Epsom salts.	—	—

### ◆ Questions?

Contact your OB-GYN



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