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.