

## 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.