



SAFE MEDICATIONS for PREGNANCY and LACTATION

- Pain, fever: Tylenol 650-1000 mg. Every 4 hours as needed
Try ice or heat. It is OK to use Icy Hot cream or pain patch.
Ibuprofen (Advil, Nuprin) 600 mg. Every 6 hours with food.
Occasional use is okay. Maximum three days in a row.
Do not use Ibuprofen before 12 weeks or after 32 weeks in any amount.
- Nasal congestion, sinus congestion:
Sudafed 30-60 mg. Every 4-6 hours. Do Not Use in first trimester or during breast feeding.
Dayquil every 6-8 hours.
Afrin 12 hour's nasal spray at bedtime. Not more than three days in a row.
OK to use a Neti pot to irrigate the sinuses. OK to use saline nasal spray.
- Allergies: Benadryl 25 mg. Every 6-8 hours.
Claritin 10 mg (Not Claritin D). Allegra daily (not Allegra D)
Zyrtec 10 mg. daily.
- Cough: Robitussin DM 2-4 teaspoons every 4-6 hours as needed.
Dextromethorphan every 4-6 hours as needed.
Add Sudafed if your nose is dripping. Avoid in first trimester and during breastfeeding.
Any sore throat or cough lozenge is okay.
- Constipation: Fiber products: Metamucil, Citracal, Fibercon, and Benefiber.
Stool softeners: Colace one tablet 2-3 times a day
Senekot one tablet 1-3 times a day (more stimulation)
Laxatives: Milk of Magnesia, ex-lax, Correctol, Miralax
Fleets enema okay
- Diarrhea: Imodium liquid or capsules as directed on the box. May use after 24 hours of diarrhea.
- Gas: Gas-EX or Mylicon tabs. One chewable tablet after meals and at bedtime.
- Heartburn: Tums EX or Ultra. One to two tablets at a time. Max: 8 per day.
Mylanta or Maalox. Take as directed on bottle. Better choice if already burning
Zantac 150 mg. twice a day (mid-day and bedtime). Great drug to prevent heartburn.
Pepcid AC for heartburn after eating.
Prilosec 20mg every morning to prevent heartburn and nausea
- Nausea: Dramamine or Immitrol as directed on package.
Try ginger tea or ginger ale.
Prilosec and Zantac are also very helpful to reduce stomach acid production.
- Dizziness: Meclizine ½ tablet every 6-8 hours.
- Insomnia: Benadryl 25-50mg. one hour before bedtime.
Tylenol PM, Unisom, Chamomile tea, melatonin, hot bath.
- Hemorrhoids: Anusol Cream, Tucks Pads, Cortisone Cream. Use as often as desired.
- Yeast Infection: 3 day product like Monistat 3. Insert into vagina at any time in pregnancy

A daily low dose aspirin is advised for all women during pregnancy.

DO NOT use any other aspirin products: Excedrin, Kaopectate, Nyquil, and Pepto-Bismol.