MEDICATIONS FOR THE PRENATAL PATIENT

Headaches/Pain/Migraine Headaches
• Regular or Extra-Strength Tylenol
• Tylenol with caffeine (Excedrin Tension: none with aspirin)

Coughs/Cold
• Over-the-counter preparations are acceptable if they contain only: acetaminophen, pseudoephedrine (Sudafed: these preparations can be obtained at the pharmacy counter), dextromethorphan, guaifensin, or diphenhydramine (name brands include Thera-Flu, Robitussin and Mucinex)
• All cough drops
• Saline nasal spray may be used to help with congestion
• Check labels as ingredients change from time to time and may not be the same as the last time you purchased it
• DO NOT take phenylephrine
• DO NOT use cough preparations that contain alcohol

Seasonal Allergies
• Over-the-counter preparations that contain acetaminophen
• Benadryl or chlorpheniramine (such as Chlor/Trimeton), Claritin, Zyrtec, Flonase and Singulair

Constipation
• Increase fluids, fresh fruits, vegetables and bran cereal
• Increase daily walking
• Metamucil, Senekot, Surfak, Colace and Phillips Milk of Magnesia as well as glycerin suppositories

Calcium
• Recommended dosage for prenatal patient is 1500-2000mg daily
• This may be obtained through diet or supplements, such as Tums, Viactiv, Caltrate and Oscal
• Milk contains 300mg per 8oz glass

Vaccines
• Flu shot is recommended during pregnancy
• Tdap is recommended during pregnancy for prevention of pertussis (whooping cough)

Prescription Antibiotics
• Any penicillin (such as Augmentin and Amoxicillin), cephalosporin (such as Keflex), Erythromycin, Zithromax and Macrodantin
• Bactrim is acceptable after the first trimester.
• If you have any questions regarding an antibiotic that has been prescribed for you, please contact the prescribing physician

Indigestion/Heartburn
• Tums, Rolaids, Mylanta, Maalox, Zantac (75mg), Omeprazole (Prilosec) and Pepcid AC
• AVOID Alka-Seltzer and Pepto Bismol
• Lactose pills are acceptable if you are lactose intolerant.
MEDICATIONS FOR THE PRENATAL PATIENT

Hemorrhoids
• Tucks, Anusol-HC and Preparation H
• Warm tub soaks for 15-20 minutes, three times a day

Cold Sore
• Lysine and Abreva

Muscle Aches
• Mineral Ice and BenGay
• AVOID hot tubs
• A heating pad may be used for 10 minutes at a time; AVOID the “hot” setting and DO NOT apply directly to the abdomen

Rash
• Hydrocortisone cream 1%, Benadryl, Calamine Lotion, A&D and Eucerin

Dental
• Lidocaine or another local anesthetic is acceptable if you are not allergic.
• X-Rays are acceptable if necessary to determine treatment options and if the abdomen is shielded.

Insomnia
• Warm milk
• Diphenhydramine (Benadryl) 25 or 50mg used sparingly
• Unisom sleep tablets (1/2 tablet, 12.5mg)

Yeast Infections
• Terazol is safe and by prescription only
• Any over-the-counter anti-fungal preparation is acceptable; Monistat 7 day is preferred; DO NOT use the applicator after 36 weeks of pregnancy

Diarrhea
• Kaopectate and low-dose Imodium

Nausea and Vomiting
• Diclegis (prescription required)
• Vitamin B6 25mg three times per day

Prenatal Vitamins
• Any prenatal vitamin, prescription or over-the-counter, is safe; we recommend a DHA-containing prenatal vitamin
• If you need a vegetarian type prenatal vitamin, use Prenatal Plus with DHA
• AVOID extra doses of vitamins