



Medications During Pregnancy and Nursing

It is very important during your pregnancy not to take medications that might harm your baby. The most obvious solution is to not take any medications; however, from a practical standpoint that is impossible. Risk factors have been assigned to many drugs based on the level of risk the drug poses for your baby. **Never use previously prescribed medication without checking with us first.** We have assembled a list of non-prescription drugs that you can use sparingly for minor problems.

Please feel free to use the generic version of any medication listed below to reduce your cost.

Please consult your provider before using any item not listed below:

Pain Relief: Acetaminophen (Tylenol, Extra-Strength Tylenol)
Ibuprofen (Motrin)*

*Ibuprofen should rarely be used and can **only** be taken between 12 and 28 weeks of pregnancy*

Cough Suppressant: Robitussin, Robitussin DM, Mucinex

Runny/Stuffy Nose: Benadryl, Actifed, Tylenol Cold, Ocean Nasal Spray, Claritin, Zyrtec, Allegra

Diarrhea: Kaopectate, Imodium

Constipation: Colace, Miralax Peri-Colace, Milk of Magnesia, Metamucil

****Do NOT take Ex-Lax!****

Antacids: Riopan, Riopan Plus, Mylanta, Maalox, Tums, Rolaids

Sore Throat: Chloraseptic, Cepacol gargle, Cepastat Lozenges

Nausea: Emetrol, Unisom (1/2 tablet @ night), Vitamin B6 (25-50mg 3x/day)

Hemorrhoids: Ice packs are probably the most helpful, but you can also use hydrocortisone ointment, Tuck's Pads, or Preparation H (all available without a prescription)

The following items carry unacceptable risks to both mother and baby, and should not be used during pregnancy:

- 1) Alcohol
- 2) Illegal Substances (i.e. marijuana, methamphetamines, crack, etc.)
- 3) Tobacco
- 4) Ex-Lax
- 5) Certain antibiotics (do not use old prescription medication)
- 6) Pepto-Bismol