**MEDICATIONS DURING PREGNANCY**

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| **SYMPTOM** | **MEDICATIONS CONSIDERED SAGE** | **SAFE DOSING** | **MEDICATIONS TO AVOID** |
| Pain (headache, backache) | **Acetaminophen** 325-500 mg(Tylenol) | 1-2 Tablets every 4-6 hours as needed.No more than 4 grams (4000 mg) in 24 hours.Max: 8 of the 500 mg tablets in 24 hours | Aspirin (Anacin, Bufferin, Ascriptin, Ecotrin, Aspergum, Alka-Seltzer)Ibuprofen (Motrin, Advil, Nuprin)Naproxen (Anaprox) |
| Indigestion, heartburn, acid reflux | **Prilosec OTC****Maalox****Mylanta****Tums****Pepcid** | Prilosec OTC is once a dayOthers are 1-2 tsp. of liquid or 2 tablets 30-60 minutes after eating and at bedtimePepcid is 10 mg twice daily. | Alka-SeltzerPepto-Bismol |
| Diarrhea (if more than 48 hours) | **Imodium** 2 mg (loperamide, Imodium, Kaopectate) | 2 tablets initially then 1 tab after each loose stool up to a max of 8 tablets per day | Pepto-Bismol |
| Constipation | Fiber containing products such as (**Metamucil, Citrucel, Fibercon**)Stool softeners such as **Colace** (docusate sodium) or **Surfak** (docusate calcium) | 1-2 tablespoons in 8 ounces of water, 1-3 times per day (start low and work your way up on dosing)Softeners are 1 tablet, 1-2 times per day as needed | Stimulant laxatives such as cascara sagrada, castor oil, senna, Ex-lax, Feen-a-mint, Correctol |
| Cough | Plain **Robitussin** cough syrup (guafenesin)Lozenges such as **Sucrets, Cepacol, Halls** | Follow directions on bottle.Use lozenges as needed | Read labels. Try to choose OTC cough syrups with no alcohol or less alcohol content. If OTC meds are not helping, call your provider |

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| **SYMPTOM** | **MEDICATIONS CONSIDERED SAFE** | **SAFE DOSING** | **MEDICATIONS TO AVOID** |
| Sore throat | Gargle with warm salt water; throat spray such as **Cepacol** or **Chloraseptic** | Use as needed | Consult with your provider before taking any other medication |
| Nausea, vomiting, dizziness, morning sickness | Vitamin B6 25 mg or **Unisom** (doxylamine)GingerStar anise teaSpearmint teaLavender tea | Vitamin B6: 1 tablet 3-4 times per dayUnisom: ½-1 tablet at bedtimeGinger: 500-1500 mg daily in divided doses (1 gram of extract = 250 mg) comes in many formsStar anise: 1 cup of tea 3 times a day or chew star anise as neededSpearmint / Lavender tea: 1 cup 3 times per day | Consult with your provider before taking any other medication |
| Stuffy nose, sinus congestion, common cold | Nose drops or sprays as **Afrin** (oxymetazoline) or Saline nasal dropsMucinex | 2 drips or sprays in each nostril every 12 hours as neededAs directed on package | Products containing a combination of ingredients such as Contact |
| Insomnia, difficulty sleeping | Antihistamines such as **Benadryl** (diphenhydramine), **Unisom** (doylamine), or **Unisom Plus** | 1-2 tablets (25 mg each) at bedtime (for occasional use only) | Sleeping pills such as Seconal or tranquilizers such as Valium, Ativan, or Xanax |
| Allergies | loratidine (Claritin)cetirizine (Zyrtec) | As directed on package  | Do not use Claritin D or Zyrtec D.  |
| Hemorrhoids  | Tucks, Witch Hazel, Preparation H | As directed on package.  | Witch Hazel: can put on cotton pad or thin peripad and refrigerate or freeze prior to use for added comfort |

If in doubt, **do not** take a medication. **Never** take medication that was prescribed for someone else.

Herbs are medications too. **Do not** take herbs such as St. John’s Wart or Kava Kava without consulting your provider.

**Call your provider or the clinic before taking any medication that you are not sure is safe.**