

# COMMONLY ASKED QUESTIONS ON MEDICATIONS IN PREGNANCY

We recommend reading *What to Expect When You're Expecting*

## I. COLDS AND FLU:

-Okay to take:

Tylenol-aches and pains  
Sudafed- congestion  
Robitussin- coughing  
Chloraseptic/Cepacol lozenges- sore throat  
Vitamin C 1000mg per day

-Come into office if:

Fever over 101°  
Coughing up a lot of green phlegm  
Not getting better in 2-3 days  
Anytime patient is worried

## II. ALLERGIES

-Okay to take:

Claritin  
Allegra  
Benadryl, but keep it to a minimum  
Antihistamines may cause drowsiness, it is recommended to take these at night

## III. CONSTIPATION

-Okay to take:

Milk of Magnesia, to make it go  
Colace, if hard use twice a day, this will take a week to work  
Fibercon chew, in the morning  
Metamucil with 8-10 glasses of water per day  
Some prenatal vitamins have stool softeners

## IV. DIARRHEA

- Okay to take:

Immodium as directed  
Kaopectate  
Try the BRAT diet, Bananas-Rice-Applesauce-Tea/Toast, avoid milk and other dairy products while symptomatic

-Come into office if:

Fever over 101°  
Not improved in 3 days

## V. NAUSEA AND VOMITING

-Okay to take:

We advise small frequent meals- protein is essential every 3 hours, except cheese, peanuts, butter, and eggs  
Emetrol- syrup to settle stomach

-Come into office if:

Unable to even keep liquid down for more than 24 hours  
Weak and dizzy, dehydrated (dry mouth and dry lips)  
We may need to prescribe prescription medications if over-the-counter medications do not help

## VI. HEARTBURN AND GAS

-Okay to take:

Mylanta  
Maalox  
Tums  
Rolaids  
Zantac, 150 mg twice a day

## VII. HEADACHES

-DO NOT TAKE ASPIRIN OR ADVIL!

-Okay to take:

Tylenol (or Extra Strength) 2 tabs every 4 hours

## VIII. HEMORRHOIDS

-Okay to take:

Konsyl  
Fibercon  
Metamucil  
Preparation H  
Anusol

## IX. NOSE BLEEDS OR GUM BLEEDING

- Common in pregnancy

- Come into office:

Patient is bleeding persistently or if patient is worried

## X. LEG CRAMPS

-Okay to take:

Oscal 500 or similar over-the-counter calcium, twice a day  
Tonic water  
Warm Baths, but AVOID hot tubs

-Come into office:

If only one leg is hurting all the time and if redness or swelling is noted

## XI. DENTAL

-Have dentist call us to discuss medications if not listed below

-Okay to:

See dentist  
Have X-Rays with DOUBLE abdominal shield  
Tylenol with codeine  
Novocain without Epinephrine

-Avoid:

Epinephrine if local anesthesia is needed for dental work  
Novocain with Epinephrine

### PLEASE CALL IF YOU ARE UNSURE ABOUT:

Labor pains

Vaginal bleeding

Decreased fetal movements- We advise to count movements after a meal. Normally you should feel 10 or more in 1 hour. Call if you do not feel 10 per hour. We advise monitoring fetal movements daily after 34 weeks.

Difficulty urinating

Leaking vaginal fluid more than 2 TBS in underwear