

# Medication Recommendations in Pregnancy

Problem	OTC medications	Precautions	Call your doctor if
Mild Headache/ Aches and Pains	Tylenol (Acetaminophen)	Avoid Ibuprofen and naproxen	If you have a sustained or severe headache
Cold/Sinusitis/ Allergies	<ul style="list-style-type: none"> <li>• Sudafed</li> <li>• Benadryl</li> <li>• saline nasal spray</li> <li>• Intranasal Glucocorticoid spray (Rhinocort, Nasonex, Flonase)</li> <li>• Claritin, Zyrtec</li> <li>• NasalCrom</li> </ul>	Avoid Sudafed in the first trimester or if you have high blood pressure in pregnancy	
Cough and minor throat irritation	<ul style="list-style-type: none"> <li>• Dextromethorphan</li> <li>• Guaifenesin</li> <li>• Throat lozenges (cepacol)</li> </ul>		Persistent cough or fever
Mild or moderate diarrhea	<ul style="list-style-type: none"> <li>• Lopermide (Immodium A-D)</li> </ul>		Diarrhea that is bloody or lasts more than 2-3 days. Fever
Constipation	<ul style="list-style-type: none"> <li>• Fiber (metamucil) <i>with fluids</i></li> <li>• Docusate Sodium (Colace)</li> </ul> Short term constipation: <ul style="list-style-type: none"> <li>• Milk of Magnesium</li> <li>• Docolax (Bisacodyl)</li> </ul>	Castor oil and mineral oil should be avoided	Severe straining
Heartburn	<ul style="list-style-type: none"> <li>• TUMS</li> <li>• Mylanta, Maalox</li> <li>• Zantac, Pepcid</li> <li>• Prilosec</li> </ul>		If no relief with medications
Hemorrhoids	<ul style="list-style-type: none"> <li>• Witch Hazel packs, Sitz baths</li> <li>• Fiber and fluids</li> </ul>		
Morning Sickness/ Nausea in pregnancy	<ul style="list-style-type: none"> <li>• Ginger products</li> <li>• Unisom</li> <li>• Vitamin B6</li> </ul>	Avoid marijuana as it is can cause problems in pregnancy	Persistent vomiting, weight loss, or inability to tolerate fluids.