

Medications During Pregnancy

As a general rule, medication should be avoided during pregnancy, especially during the first 12 weeks. You should discuss any existing medical conditions and prescription medications, especially those taken on a long-term basis, with your doctor.

For minor illnesses, the medications listed below may be used. The doses listed are usual; however, it is always wise to check the package directions for each individual medication used. Please call the office with any questions or concerns you may have.

	Medication	Dosage
Allergy Symptoms/ Cold/Flu	Benadryl	25 mg tablet every 6 hours
	Claritin	10 mg tablet daily (NO Clariton D)
	Tylenol	2 tablets every 4 hours
	Zyrtec (RX only)	5-10 mg 1 to 2 tablets daily
Constipation	<i>Increase fluid and fiber in diet</i>	
	Citricel	1 tablespoon in 8 oz. water; 1-3 times per day
	Colace	100 mg. twice a day
	Fibercon	1 capsule 1-3 times per day
	Metamucil	1 tablespoon in 8 oz. water; 1-3 times per day
	Milk of Magnesia	
	Senokot/Psyllium	Follow package directions. <i>*Not for long-term use, only for immediate relief.</i>
Diarrhea	BRATT Diet	Bananas, rice, applesauce, toast, tea
	Imodium AD	4 teaspoons OR 2 caplets after loose bowel movement
	Kaopectate	2 tablespoons OR 2 caplets after loose bowel movement
	Pepto-Diarrhea Control	2 caplets
Fever	Tylenol	2 tablets or caplets every 4 hours *Call if higher than 102 ⁰
Gas	Maalox Antacid	1-2 tablets OR 2-4 teaspoons 4 times a day
	Maalox Anti-Gas	1-2 tablets after meals
	Mylicon	
Headache	Tylenol (regular or extra-strength)	2 tablets OR 2 caplets every 4-6 hours (Maximum of 6 tablets in 24 hours.) *If headache persists or is unusually severe, call the office. *AVOID aspirin and ibuprofen products
Heartburn	Gaviscon	2 tablets as needed
	Maalox	2 tablets OR 1-2 teaspoons as needed
	Mylanta	2 tablets OR 2-4 teaspoons as needed
	Rolaids	1-2 tablets as needed
	Tums	2 tablets as needed

**Speak to your doctor before taking any other over-the-counter medication for Heartburn, GERD.*



Hemorrhoids	Anusol Ointment/Suppository	
	Preparation H Ointment/Suppository	
	TUCK's pads (keep in refrigerator)	
Nausea	Modified Dry Diet	<p>EARLY MORNING: Before getting out of bed, lay on your left side for 10-15 minutes, then sit on the edge of the bed for 10-15 minutes.</p> <p>FIRST MEAL: 2 slices of white toast with 1 teaspoon of jelly on each slice of toast.</p> <p>In 1 1/2-2 hours: 1 cup of weak tea with 2 teaspoons of sugar (no herbal tea).</p> <p>In 1 1/2-2 hours: 6 crackers with a small amount of jelly on each, pretzels, breadsticks, or 2 breakfast treats (Italian cookie section of the grocery store).</p> <p>In 1 1/2-2 hours: 6-8 ounces of clear Gatorade, flat ginger ale or 1 cup of weak tea with 2 teaspoons of sugar (no herbal tea).</p> <p>In 1 1/2-2 hours: 1 serving of cream of wheat made with skim milk and 2 teaspoons of sugar OR Gerber infant rice cereal made with skim milk, 2 teaspoons of sugar or infant pureed fruit.</p> <p>In 1 1/2-2 hours: Weak tea (no herbal tea), flat ginger ale, clear Gatorade.</p> <p>Repeat diet from top of the list every 1 1/2-2 hours for 24-48 hours with an update to the office with increased signs/symptoms, no relief of signs/symptoms or as needed.</p>
Yeast Infection	Clotrimazole (Lotrimin)	Follow package directions.