

## Medications in Pregnancy

By Dr. March

There are baseline percentages at which problems and complications occur in pregnancy. Medications that are routinely compatible with use in pregnancy have simply NOT been shown to cause problems in excess of this "baseline", naturally-occurring rate of problems. So, typically these medicines have not been "proven" to be "safe" in pregnancy. Rather, they have been shown not to increase risk above the natural rate of complications, or in some cases, their benefit outweighs their risk. Do not use any medications unless necessary. Here is a list of Over The Counter medicines we typically prescribe with good assurance in pregnancy. Follow manufacturer's directions for dosing:

### PAIN MEDICATION

Tylenol (acetaminophen)

Codeine (by prescription only)

**DO NOT USE anti-inflammatories:**

Aspirin, Motrin, Advil, Aleve

### COUGH/COLDS

Dextromethorphan

Robitussin DM, Vicks 44D

Guafenisin

Cough Drops (Halls, Riccola)

### DECONGESTANTS

Sudafed (pseudoephedrine)

Guafenisin

### NAUSEA

Aroma - identify smells that make nausea worse and modify environment.

Small frequent meals

Ginger Ale

Vitamin B6

Unisom

Sea Bands (form of acupressure on wrists)

Benadryl

### HEARTBURN, INDIGESTION, GAS

**No food 2 hours before bedtime.**

**Avoid spicy, hot, or fatty foods.**

**Maalox Liquid (Aluminum Hydroxide)**

**Zantac, Pepcid (with or w/o prescription)**

**Simethicone, Mylicon**

**Do not use Tums Roloids Gas-X (not very effective). Avoid dairy products.**

**Do not use Pepto-Bismol (contains aspirin)**

#### **ANTIHISTAMINES & ALLERGIES**

**Zyrtec**

**Claritin**

**Benadryl**

**Dimetapp**

#### **INSOMNIA (unable to sleep)**

**Benadryl**

**Unisom**

#### **HEMORRHOIDS**

**Nupercainal ointment**

**Preparation H**

**Anusol**

**Tucks**

#### **DIARRHEA**

**Follow the BRAT diet (banana, rice, applesauce, toast)**

**Imodium (1 dose - if it persists please notify office)**

**Kaopectate**

#### **CONSTIPATION**

**Cream of Wheat in A.M. !!**

**Plums, nectarines**

**Greens**

**Colace**

**Citrucel, Metamucil**

**Milk of Magnesia**

#### **YEAST INFECTIONS**

**Monistat**

**Gyne-Lotrimin**

**Gynezol (prescription)**

**Do not use Diflucan**

**LICE**

**Rid**

**Do not use Kwell**

**TOOTHACHE/DENTAL**

**Orajel**

**May see dentist, have cavity filling with Novacaine, have dental x-ray with lead shield.**

**CAFFEINE**

**There are no known risks in moderate amounts, such as one to three servings per day.**

**Take less if cardiac condition such as MVP.**

**Many, if not most, substances that occur in the environment or in commercial use have not been thoroughly evaluated for pregnancy risk. Most of what we know about them is through accidental exposure and accidents like toxic chemical spills. We do know that lead, mercury, arsenic, and poly-chloro-bi-phenyl solvents can cause problems, but the dose of exposure is not known. Actual oral ingestion of these chemicals in exposed water supplies (mostly in other countries) accounts for most of our knowledge of these chemicals in pregnancy. For general cleaning and painting, a well-ventilated area, gloves, and possibly a mask are more than adequate.**

**THERE ARE ALSO MANY PRESCRIPTION MEDICATIONS WE MAY OFFER AND PRESCRIBE DURING THE PREGNANCY, SUCH AS ANTIBIOTICS, ANTI-NAUSEA, ASTHMA MEDS, SKIN PREPARATIONS AND OTHERS. REST ASSURED THAT THOSE IN ROUTINE USE HAVE BEEN EVALUATED AND MEET THE SAME STANDARDS FOR SAFETY.**

**Consult the office before taking any medications or any exposures of which you are unsure.**