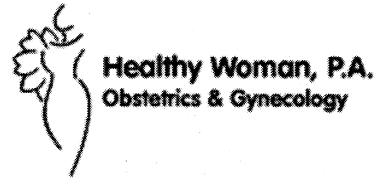


**Felipe Garcia-Ghinis, M.D.**  
Southeast Baptist Medical Office Building  
4212 E. Southcross Blvd., Suite 220  
San Antonio, Texas 78222  
Telephone: 210-648-CARE (2273)  
Fax: 210-648-2228



## **MEDICATION USE DURING PREGNANCY**

There has been much controversy and discussion over the use of medication during pregnancy and breastfeeding. In general, you should not use medication unless it is prescribed by your doctor. However, there are remedies and over the counter medications that are considered safe for some of the discomforts of pregnancy when taken as directed and in moderation. If you do not get relief using the medications suggested below, your symptoms persist or become worse, please call our office.

### **Discomfort**

### **Allowed Medications**

**Colds/Sinusitis:**

Ocean Nasal Spray or saline solutions spray  
Claritin (for allergies)  
Claritin D (for nasal congestion) — Not for patients with high blood pressure  
Plain or Extra Strength Tylenol  
Sudafed (Plain) — Not for patients with high blood pressure  
Cold-Eze Lozenges  
Cepacol Throat Lozenges  
Robitussin DM (to relieve coughing)  
Vitamin C-500mg daily in addition to prenatal vitamin

**Nausea:**

Emetrol  
Ginger capsules  
Sea-Band Acupressure wristbands

**Heartburn or indigestion:**

Maalox, Mylanta or Gaviscon

**Constipation:**

Milk of magnesia  
Oranges or orange juice  
Surfax  
Metamucil  
Prunes or prune juice  
Colace

**Headaches:**

Plain or Extra Strength Tylenol, cool towels or ice packs

**Diarrhea:**

Increase fluids (Gatorade, Pedialyte)  
Eat a bland diet and avoid fatty foods and dairy products

**Skin itchiness:**

Benadryl lotion (allergic rashes)  
Calamine lotion (insect bites)  
Aveeno cream, lotions or baths

**Hemorrhoids:**

Nupercainal ointment, Preparation H or Anusol