

# Medications in Pregnancy

Covington Women's Health Specialists, LLC  
770-385-8954

## **First Trimester:**

During your first trimester (the first 13 weeks of your pregnancy), you should avoid all medications except those which are absolutely necessary and prescribed by your doctor. Tylenol, prenatal vitamins and antacids such as Tums, Pepcid and Zantac may be used at any time during your pregnancy. Follow the directions on the label. If you use a DHA or fish oil supplement, make sure the label states that it is safe for pregnant or breastfeeding women.

## **Second and Third Trimesters:**

After the 14th week of your pregnancy, you may use appropriate over the counter remedies if you experience any of the following problems. Follow the directions on the label. But if your symptoms worsen or do not improve, you need to call the office for an appointment.

**\*\*\*Recent research suggests that prenatal exposure to acetaminophen (Tylenol) might alter fetal development and increase the risks of certain neurodevelopmental, reproductive, and urogenital disorders**

### **Headache, Pain or Fever\*\***

Muscle rubs, icy-hot, Thera-patch (do not apply to abdomen)

### **Medications NOT to Use**

Motrin, Aspirin,  
Ibuprophen

### **Nausea and Vomiting**

Dramamine, Pyridoxine (Vitamin B6), Pepcid, Axid,  
Zantac, Ginger Tea, Ginger snaps, Ginger Ale, saltine crackers,  
B-natal lozenge, or lollipop, Sea band

### **Heartburn, Reflux, GERD**

Pepcid, Axid, Zantac, Nexium, Mylanta, Gaviscon, Prilosec, Gas-X  
Mylicon, Maalox, Prevacid, Protonix, Tagamet, Tums, Rolaids

Pepto-Bismol

### **Constipation**

CoLace, Milk of Magnesia, Metamucil, Konsul D, Citrucel,  
Senekot, Prunes, Prune Juice, Dried Plums, Dried Apricots,  
Special K fiber crackers

### **Hemorrhoids**

Best to avoid hemorrhoids by keeping stool soft with the  
medications for constipation.

Anusol HC, Balneol, Preparation H, Witch Hazel, Tucks

### **Diarrhea**

Imodium, Kaopectate

### **Cold and Cough symptoms, Sinus, Seasonal Allergies**

Chlor-Trimeton (chlorpheniramine),  
Actifed, Benadryl, Zyrtec, Claritin and Claritin-D  
Alavert, Tavist, Tavist-D, Sudafed, Saline Nasal Mist, Vicks,  
All cough drops and throat sprays. Plain butterscotch works  
to suppress cough, too!

Dextromethrophan  
DM Products  
Mucinex-DM

### **Yeast**

Monistat 3 or 7 (one day preparations do not work well).

Vagisil

### **Itching, skin irritation or mild superficial skin infection**

Topical antibiotic cream or gel such as bacitracin for infection,  
Aveeno Lotion, Sarna Lotion, Eucerin products, hydrocortisone 1%,  
Calamine lotion, Benadryl cream or gel for itching and irritation.

**\*\*Call the office or go to the hospital if fever of 100.4 or greater does not decrease with Tylenol, you have shortness of breath, are unable to keep food or liquids down or if you have any severe pain or emergent symptoms.\*\***