

# *Medications During Pregnancy*



## **Is it safe for me to take medications while I am pregnant?**

In the first 8 weeks of pregnancy, it is best to avoid any medications if possible. This is the main time of organ development in the fetus. Therefore, prevent from using any over-the-counter medications during this time.

## **What can I do for the first 8 weeks?**

Before taking over-the-counter medications, try other ways to relieve your symptoms. For cold and cough symptoms: rest, drink extra fluids, and use a cool mist vaporizer 18 inches from your face. Occasionally you may be prescribed medication during this time for nausea and other symptoms.

## **What if I have to take medications?**

Regardless of whether you're taking over-the-counter medications or prescriptions, remember, the healthier you are, the healthier your baby will be! Should you have questions about medications, or if symptoms continue, call us between 8:00 AM-5:00 PM Monday-Friday at (318) 798-4400. If it's after hours, you can call the hospital at (318) 681-5447 and speak to a nurse. If it's an emergency, stay on the office line and page the Doctor on call through the answering service.

## **What over-the-counter medications can I take safely?**

**Nausea:** Dramamine (If no relief, call the office)

### **Cold Symptoms & Allergies**

- ◆ Benadryl or Chlor-Trimenton (anti-histamine, anti-allergy)
- ◆ Tylenol Flu, Cold, Sinus, & Allergy
- ◆ Mucinex or Sudafed (decongestant)
- ◆ Actifed (anti-histamine & decongestant)
- ◆ Afrin Nasal Spray - 2 puffs every 12 hours (nasal saline for dryness & nasal congestion)

(NO OTHER TYPE OF NASAL SPRAY MAY BE USED!!!!)

### Cough symptoms

- ◆ Robitussin or Robitussin DM
- ◆ If cough is productive with green or yellow sputum, call the office

### Constipation

- ◆ Colace (Docusate) - 100mg twice a day
- ◆ Milk of Magnesia - 2 tablespoons every evening
- ◆ Citrate of Magnesia - 1 bottle no more than once a week
- ◆ Metamucil - 1 heaping tablespoon with 8 oz. water or juice per day. With Metamucil, you must drink at least 6 glasses (8 oz.) of water every day
- ◆ **DO NOT USE MINERAL OIL!!!!**

### Headaches or Body Aches

- ◆ Tylenol (or any acetaminophen preparations) up to 650 mg every 6 hours
- ◆ DO NOT take any Aspirin or Ibuprofen (Motrin, Advil) unless authorized to do so by your Doctor
- ◆ If headache persists for 24 hours, causes visual disturbances, or numbness/tingling in extremities, call the office at (318) 798-4400

### Heartburn & Indigestion

- ◆ Tums - up to 8 per day
- ◆ Maalox
- ◆ Mylanta
- ◆ DO NOT use baking soda or Pepto Bismol

### Fever or Chills

- ◆ If your temperature is over 99.5°F, you can take up to 650 mg of Tylenol every 6 hours. If fever exceeds 101.5°F, call the office at (318) 798-4400. If calling after hours, have the answering service page the Doctor on call.

### Diarrhea

- ◆ Imodium - take as directed on label. If no relief, call the office.