

# **Medications in Pregnancy**

During pregnancy it is best to use medications as little as possible. Sometimes however; it is necessary to take medications. Remember that over-the-counter medications can be harmful during pregnancy as well as prescription medications. Please inform all health care providers that you see; that you are pregnant. This list of medications is provided for you in case you are in need of medication during pregnancy. If you desire to take a medication that is not on this list, please discuss this with your physician. Always remember to take the lowest dose possible of the medication.

## **Over the counter medications that are safe:**

**Colds or headaches:** Tylenol, Sudafed, Actifed, Robitussin (Plain), cough drops and Dimetapp

**Heartburn:** Tums, Rolaids, Mylanta, Maalox, Gaviscon, Pepcid and Zantac

**Constipation:** 70-100 ounces of water per day, Metamucil, Citrucil, Fiber Con, Colace, and if needed Milk of Magnesia

**Hemorrhoids:** Preparation H, Anusol HC

**Morning Sickness:** ½ tablet of Unisom Sleep Aid tablets (generic as doxylamine tablets) – see also morning sickness handout.

\*\*\* We recommend that you not take any medications in the first 12 weeks (3 months) of your pregnancy. Medications (over the counter or prescription) after this time should be on the advice of your OB doctor.\*\*\*