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## Medications and Treatments for Pregnancy and Breastfeeding

The following list of medications are proven safe for use in pregnancy and breastfeeding. If you have symptoms which last longer than 4-5 days despite the regular use of the following medications or instructions, please call our office.

**NAUSEA AND VOMITING DURING PREGNANCY:** Eat frequent, small meals. Avoid fatty foods. Keep crackers at the bedside and eat them upon awakening. Ginger root capsules, candied ginger or raspberry herbal tea may be helpful. Try Emetrol or Vitamin B6 50-100 mg daily. Zantac 150 mg twice daily, Prevacid 20 mg once daily, Unisom (doxylamine- active ingredient) ½ tablet at bedtime + Vitamin B6 50 mg 2-3 times daily.

**FEVER, HEADACHE:** Regular or extra strength Tylenol, 2 tablets every 6 hours as needed.

**COLDS, NASAL CONGESTION:** Actifed, Mucinex, Sudafed, Tylenol Cold medicine. AVOID nasal sprays except Saline nasal spray, which may be used as needed.

**COUGH:** Robitussin or any similar over the counter cough medicine, or any type of cough lozenge.

**INDIGESTION AND HEARTBURN:** Avoid eating within 2 hours of bedtime. Use Gaviscon, Nexium, Pepcid, Tums, Roloids, Mylanta. (These are also an excellent source of calcium). Zantac 150 mg twice daily or Prevacid 20 mg once daily.

**CONSTIPATION:** Drink at least 2 liters of water daily (avoid soda and fruit juices). Increase consumption of fresh fruits and vegetables, avoid fatty foods. Use MiraLAX once a day, Metamucil or Citrucel one or two times daily, as needed to keep stools soft but formed. If constipation is severe, use Milk of Magnesia sparingly.

**HEMORRHOIDS:** Keep stools soft by using techniques listed above for constipation. Use Preparation H or Anusol, cream or suppositories. Tucks can be very soothing.

**ALLERGY:** Allegra, Claritin, Zyrtec - 1 daily. Benadryl 25-50 mg every 6 hours or as needed.