

# Women's Health Care Center of Houston

## OBSTETRICS • GYNECOLOGY • INFERTILITY

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### Use of Medications During Pregnancy

There are no medications considered 100% safe for long-term use in pregnancy. Each medication carries certain risks and benefits. Therefore, it is recommended that you:

Limit the use of medications unless you are severely impaired or your provider recommends the medication.

1. Minimize the number of days or doses.
2. These medications are commonly used for the following symptoms:

**Allergies:** Benadryl, Tavist, Robitussin Expectorant, Zyrtec, Claritin, Tylenol Sinus

**Cold/Fever:** Tylenol or Extra Strength Tylenol: increase your fluid intake, rest in bed; report any fever greater than 100.4F.

**Congestion:** Benadryl, Mucinex, Tavist, Robitussin Expectorant

**Cough:** Robitussin, Mucinex, Delsym

**Constipation:** Colace, Fibercon, Metamucil, Milk of Magnesia, Surfax, increase natural fiber and fluids in your diet.

**Diarrhea:** Kaopectate, Imodium AD, clear fluids for 24 hours; no dairy products

**Headache:** Acetaminophen (Tylenol or Tylenol Extra strength); report any headache unrelieved by this medication

**Heartburn:** Mylanta, Maalox, Riopan, Tums, Pepcid AC

**Hemorrhoids:** Anusol cream/suppositories, Tucks, Preparation H pads or cream; report any rectal bleeding

**Herpes:** Report outbreaks to your provider immediately; a prescription medication may be required

**Gas:** Mylicon-80, Mylanta, Gas-X, Phazyme

**Nausea:** Emetrol, Vitamin B6 200mg/daily; avoid alcohol, caffeine and salty foods, sip fluids through a straw or suck on ice chips, dry meals with liquids between meals.

**Sore Throat:** Cepacol lozenges, warm salt water gargling

**Skin Irritation:** Calamine, Caldryl lotion, Coracaine, Lanacort, Neosporin ointment, Benadryl ointment

**\*\*\*AVOID ASPIRIN AND IBUPROFEN (Advil, Aleve, Nuprin, and Motrin)\*\*\***