

Stoneridge Obstetrics & Gynecology

MEDICATIONS FOR THE PRENATAL PATIENT*

Headaches/Pain/Migraine Headaches

- Regular or Extra-Strength Tylenol®/acetaminophen
- Tylenol with caffeine (Excedrin Tension®: none with aspirin)
- AVOID ibuprofen, Motrin®, or Advil®

Coughs/Cold

- Over-the-counter preparations are acceptable if they contain only acetaminophen, pseudoephedrine (Sudafed®: These preparations can be obtained at the pharmacy counter), dextromethorphan, guaifenesin, or diphenhydramine (name brands include Thera-Flu®®, Robitussin® CF, Robitussin® DM, Robitussin® PE, or Mucinex®)
- All cough drops, throat lozenges, Cepacol®, and Cepastat® - Gargle with warm saltwater
- Saline nasal spray may be used to help with congestion
- Check label as ingredients may change and may not be the same as the last time you purchased it
- DO NOT take phenylephrine
- DO NOT use cough preparations that contain alcohol
- AVOID cough preparations if you have problems with your blood pressure

Seasonal Allergies

- Over-the-counter preparations that contain acetaminophen
- Benadryl® or chlorpheniramine (such as Chlor-Trimeton™), Claritin®, Zyrtec®, Flonase®, and Singulair®
- AVOID Allegra® or any "D" medications

Constipation

- Increase fluid intake, fresh fruits, vegetables, and bran cereal
- Increase daily walking
- Use Metamucil®, Senokot®, Surfak®, Colace®, Phillips'® Milk of Magnesia, and glycerin suppositories, such as Miralax®, Dulcolax®, and Fibercon

Calcium

- Recommended dosage for prenatal patients is 1,500 to 2,000 mg daily
- May be obtained through diet or supplements, such as Tums®, Viactiv®, Caltrate®, and Oscal®
- Milk contains 300 mg per 8-ounce glass

Vaccines

- Flu shot is recommended during pregnancy
- Tdap is recommended during pregnancy for prevention of pertussis (whooping cough)
- PPD testing is okay during pregnancy

Prescription Antibiotics

- Any penicillin, such as Augmentin® and amoxicillin, cephalosporin, such as Keflex®, erythromycin, Zithromax®, Macrodantin®, and Macrobid®
- Bactrim® is acceptable after the first trimester
- AVOID ciprofloxacin, tetracycline, minocycline, and levofloxacin (Levaquin®)

Indigestion/Heartburn

- Use Tums®, Roloids®, Mylanta®, Maalox®, Aciphex®, Prilosec® (omeprazole) and Pepcid AC®
- AVOID Alka-Seltzer® and Pepto Bismol®
- Lactose pills are acceptable if you are lactose intolerant
- AVOID laying down for at least 1 hour after meals

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Hemorrhoids

- Tucks®, Anusol-HC and Preparation H®, or over-the-counter hydrocortisone
- Warm tub soaks for 15 to 20 minutes, 3 times a day
- Apply Vaseline® lotion to the tissue

Cold Sore

- Lysine and Abreva®

Muscle Aches

- Mineral Ice® or Bengay®
- AVOID hot tubs and aspirin containing products
- A heating pad may be used for 10 minutes at a time; AVOID the “hot” setting and
- DO NOT apply directly to the abdomen

Rash

- Hydrocortisone cream 1%, Benadryl®, calamine lotion, A&D, or Eucerin®

Dental

- Lidocaine or another local anesthetic is acceptable if you are not allergic to the ingredients
- X-ray imaging is acceptable (when necessary) to determine treatment options, and if the abdomen is shielded
- Orajel® for tooth pain

Insomina

- Drink warm milk (may add sugar or vanilla for flavoring)
- Diphenhydramine (Benadryl® 25 mg or 50 mg used sparingly) or Unisom® sleep tablets (½ tablet)
- Chamomile tea, Tylenol® PM

Yeast Infections

- Terazol® is safe; by prescription only
- Any over-the-counter antifungal preparation is acceptable; Monistat® 7 is preferred;
- DO NOT use the applicator after 36 weeks of pregnancy
- AVOID day creams

Diarrhea

- Kaopectate® or low-dose Imodium® - Take one pill to start

Nausea and Vomiting

- Diclegis® (prescription required)
- Sea-Band® (acupressure)
- Vitamin B6 25 mg 3 times a day with Unisom® (¼ tablet 2 times a day and/or ½ tab at bedtime)
- Dramamine, Emetrol®, ginger root (250 mg 4 times a day)

Prenatal Vitamins

- Over-the-counter prenatal vitamins are safe - We recommend a DHA-containing prenatal vitamin
- If you need a vegetarian type prenatal vitamin, use prenatal plus with DHA
- AVOID extra doses of vitamins

*If you have any questions regarding any antibiotic that has been prescribed to you, please contact the prescribing physician.