

Medications and Protectants Approved in Pregnancy

Your immune system is compromised during pregnancy. Illnesses may be more frequent, and take longer to resolve. There are medications that have been approved to take while pregnant.

In addition, get as much rest as possible, and drink a minimum of 8 - 10 eight ounce glasses of water each day. If you develop a fever over 101 degrees, or your symptoms get unusually severe, please call our office.

Be certain that all non-prescription and prescription medications be approved by a physician who is aware of your pregnancy. Optimally, only use medications after the first trimester, and with short term use.

The following non-prescription medications may relieve some of the symptoms associated with common illnesses, and are safe to take during pregnancy. Please be sure to read the labels for appropriate dosing.

Medications

Actifed* - Generic, Pseudoephedrine and Triprolidine. A combination decongestant and antihistamine. Do not use decongestants containing Phenylephrine (PE).

Advil - Generic, Ibuprofen. For pain or inflammation. You may take ibuprofen until 20 weeks of pregnancy. After 20 weeks, do not take ibuprofen. There is a theoretical risk that ibuprofen may prematurely close the ductus arteriosus, causing low oxygenation of the fetus.

Anusol - A topical anti-inflammatory that reduces hemorrhoids and symptoms such as itching associated with hemorrhoids.

Benadryl gel/lotion - Generic, Diphenhydramine HCl 2% & Zinc. Acetate 0.1%. A topical analgesic that provides relief from the itching and discomfort associated with insect bites or skin irritations.

Benadryl oral - Generic, Diphenhydramine HCl. An antihistamine providing relief from sneezing, runny nose, watery eyes, and itchy eyes, nose and throat. It may cause drowsiness.

Claritin - Generic, Loratadine. An antihistamine that relieves runny nose, itchy, watery eyes, and sneezing. May cause drowsiness.

Colace - Generic, Docusate Sodium. A stool softener that provides relief from constipation, often in 12 to 72 hours.

Chlor-Trimeton - Generic, Chlorpheniramine. An antihistamine that relieves runny nose and congestion. May cause drowsiness.

Cough Syrup - For relief of coughs. These medications contain Dextromethorphan, a cough suppressant and Guaifenesin, a cough expectorant. ie. Robitussin DM.

Ferrous Sulfate - An iron supplement; 325mg = 60mg elemental iron. If we have recommended for anemia; take 1 tablet, 2-3 times a day.

Gyne Iotrimin - Generic, Clotrimazole. A topical and vaginal application that relieves the symptoms of a yeast infection. The 7 day treatment is recommended.

Motrin - Generic, Ibuprofen. For pain or inflammation. You may take ibuprofen until 20 weeks in pregnancy. After 20 weeks, do not take Ibuprofen. There is a theoretical risk that ibuprofen may prematurely close the ductus arteriosus, causing low oxygenation of the fetus.

Nasal Spray - For relief of congestion. Use sprays containing only saline. Read the label and be certain the spray contains no other active ingredients.

Pepcid - Reduces gastric acid secretions to help alleviate the symptoms of heartburn.

Preparation H cream/gel - A topical anti-inflammatory that reduces hemorrhoids and symptoms such as itching.

Sudafed* - Generic, Pseudoephedrine. A decongestant that contains pseudoephedrine. You may feel shaky and be kept awake. Do not use decongestants containing Phenylephrine (PE).

Throat lozenges - For relief of sore throats.

Tums - An antacid/calcium supplement to relieve heartburn and acid caused by indigestion.

Tylenol - Generic, Acetaminophen. For pain or fever.

Tylenol PM - Generic, Acetaminophen/Diphenhydramine HCl. A sleep aid for relief of pain, fever, and sleeplessness.

*Medications that contain Pseudoephedrine, are kept behind the counter of the pharmacy, and are logged by the pharmacist. You must be 18 years old and have a state ID or passport to purchase these medications.

Protectants

Insect Repellent - For protection against mosquito bites and tick attachments. Repellents containing less than 20 - 30% DEET may be used on skin and clothing. Do not use insect repellents containing more than 30% Deet.

Sunscreen - For protection from sun damage, containing UV SPF, gel or lotion.