

MEDICATIONS USED DURING PREGNANCY

Hemorrhoids

Preparation H Cream/Suppositories: 3 to 4 times per day

Anusol Cream/Suppositories: 3 to 4 times per day

Diarrhea

Kaopectate: 3 to 6 tbsp after each liquid stool

Imodium: 1 to 2 tablets then 1 tablet after each loose stool, max of 4 tablets in 24 hours
(may prolong illness)

Sore Throat

Chloraseptic spray

Throat lozenges, any flavor

Headache, Fever, Muscle Aches

Tylenol (Acetaminophen): 1 to 2 tablets every 4 to 6 hours, max of 12 tablets in 24 hours

Nasal Congestion, Runny Nose, Flu

*****Phenylephrine ok; do not take products with Pseudoephedrine*****

Alavert (loratadine), Claritin (loratadine), or Zyrtec (cetirizine): 1 tablet daily as needed for allergy symptoms

Bendaryl (diphenhydramine): 1 to 2 tablets every 6 hours for allergy symptoms, max of 6 tablets in 24 hours

Sudafed PE congestion (phenylephrine): 1 tablet every 4 hours, max 6 tablets in 24 hours

Ocean Mist Nasal spray: 1 to 2 squeezes per nostril

Tylenol Cold Multi-Symptom: 1 tablet every 4 to 6 hours, max 6 tablets in 24 hours

Cough

Robitussin Plain or DM: 1 to 2 tsp every 6 to 8 hours for cough/congestion, max 12 tsp in 24 hours

Mucinex plain or DM: 1 to 2 tablets every 12 hours for cough/congestion, max of 4 tablets in 24 Hours

Yeast infection

Monistat 3 cream, Monistat 3 suppositories

Clotrimazole, Mycelex

Nausea and Vomiting

Doxylamine (Unisom): ½ tablet 30 min before bedtime

Vitamin B6 25 mg: 1 twice a day

Dramamine 25 mg: 1 tablet every 6 hours

Indigestion, Heartburn, Gas

Milk of Magnesia, Gaviscon, Maalox, Mylanta

Pepcid or Pepcid AC (famotidine): 20 mg at bedtime

Tums (may cause constipation)

Constipation

Metamucil/Citrucel

Colace

*****Avoid Mineral Oil, Castor Oil, Laxatives, and Enemas**

Insomnia

Tylenol Pm or Unisom