

## APPROVED DRUGS IN PREGNANCY AND NURSING

During your pregnancy and while nursing, it is important **not** to take medications that might harm your baby. However, many over-the-counter medications are believed to be safe for minor problems; take these medications listed below *according to the instructions on the label*. You can buy these at most pharmacies or health food stores. If you have questions, are getting worse or not improving, contact your doctor's office to talk to a nurse or schedule an appointment.

Pain or Fever: Acetaminophen (Tylenol) or Extra Strength Tylenol

Nausea or Morning Sickness: B-Natal Morning Sickness lollipops as needed; Ginger 250 mg four times per day; Vitamin B6 (pyridoxine) 25 mg three times per day, Doxylamine (Unisom sleep tablets) 25 mg twice per day

Seasonal Allergies: Diphenhydramine (Benadryl), Loratadine (Claritin), Cetirizine (Zyrtec)

Cough Suppressant: Robitussin, Robitussin DM, Mucinex, Mucinex DM, Dextromethorphan (Delsym)

Stuffy and/or Runny Nose: Diphenhydramine (Benadryl), Chlor-Trimeton (Chlortabs), Saline nasal spray

Diarrhea: Loperamide (Imodium)

Constipation: Docusate (Colace) stool softener, Metamucil, FiberCon, Milk of Magnesia, Miralax

Hemorrhoids: Docusate (Colace) stool softener, Preparation H ointment

Sore Throat: Cepacol Gargle, Cepastat Lozenges, Halls Cough Drops or other throat lozenges

Heartburn: Mylanta, Tums, Rolaids, Famotidine (Pepcid), Ranitidine (Zantac), Pantoprazole (Prevacid)

Insomnia: Diphenhydramine (Benadryl) or Doxylamine (Unisom sleep tablets)

Rashes: Benadryl cream, Calamine lotion, Hydrocortisone cream 1% (use sparingly)

Yeast Infection: Miconazole cream (Monistat 1-day, 3-day OR 7-day); Clotrimazole (Gyne-Iotrimin)

First Aid Ointments: Bacitracin, Polysporin

### Step-wise Approach To Increase Milk Production in Breast Feeding:

1. Drink plenty of water, increase breast feeding to ever 2-3 hours (and/or pumping) for stimulation
2. Start taking *Fenugreek* 610 mg: 3 capsules 3 times a day AND *Blessed Thistle* 390 mg: 3 capsules 3 times a day
3. Add *Brewer's Yeast* if you are not still producing enough milk.
4. Talk to your doctor about a prescription medication of Reglan for milk production.

### Non-prescription items that should NOT be taken during pregnancy:

- Alcohol, Tobacco or Illegal Drugs including Marijuana  
\*Ask your doctor to help you quit smoking or call 1-800-QUIT NOW (1-800 784 8669 )\*
- Aspirin (including Pepto-Bismol), Ibuprofen (Motrin, Advil, Midol), or Naproxen (Aleve)
- Products containing Phenylephrine, including Tylenol Cold and Sinus, Sudafed
- Retin A, Retinol cream (Retinoin, Transretinoic acid, Retinoic acid)

**Ask your doctor about all your prescription medications, including for blood pressure, diabetes and depression.**

**Any vitamin that says "prenatal" is safe and recommended to take in pregnancy.**

**Ask your doctor about all herbal remedies before starting these.**

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