



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, Roloids, 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.**