

Medications During Pregnancy

Headache . . . Is common in pregnancy and is due to hormone changes. We suggest plain Tylenol, one or two tablets every four to six hours. You may take extra strength Tylenol, one every eight hours. Most of all get plenty of rest.

Colds . . . Generally resolve in seven to ten days whether or not you take any medications. However, if sinus congestions are really bothersome you may take Tylenol Sinus or Equate Cold & Sinus (Wal-mart brand) which is an over-the-counter drug and does not require a prescription. This has acetaminophen (Tylenol) in it, so you should not take additional Tylenol. Sudafed is also acceptable for colds. You may also use Vicks Vapor Rub.

Sore Throat . . . Warm salt water gargles, Cepacol lozenges or Chloroseptic lozenges or spray may be used. Gargle (1 teaspoon of salt dissolved in six to eight ounces of warm water and gargle four times a day).

Cough . . . Robitussin plain or Robitussin DM may be used and is an over-the-counter cough medicine (one teaspoon every four hours as necessary). Halls cough drops are also acceptable.

Constipation . . . Is a result of decreased intestinal activity during pregnancy. We recommend drinking six to eight glasses of water daily. Increase dietary bulk with bran cereals and bread, fruits, vegetables, prunes, or prune juice. Be sure to get plenty of exercise such as walking. Stool softeners like Colace (one every morning) or Citracal can be obtained over-the-counter.

Indigestion/Heartburn . . . Can usually be relieved by small frequent meals and avoiding greasy, fried, and spicy foods. Separate your liquids from your meals and do not drink up to thirty minutes after completing your meal. We also advise you not to lie down after eating. You may take Mylanta, Maalox, or Tums if needed.

Muscle Cramps . . . Usually occur in the calf of the leg during the night. This is usually related to a calcium/phosphorus imbalance in the diet. Tylenol and other medications generally do not help. Do not rub the area but stretch the muscle. We advise up to four glasses of milk daily, making one of those glasses at bedtime. You may use calcium supplements instead of milk (Tums).

It is best not to take any medications during the first trimester (first twelve weeks) except Tylenol. If you have any questions please call the office.

Also see handout received at OB class; Minor Discomforts of Pregnancy.