

MEDICATIONS DURING PREGNANCY

During your pregnancy we encourage that you do not take any medications other those that are necessary, particularly during the first trimester. Most often small problems may be remedied with either rest or relaxation, or adjustment of diet, and/or change in eating habits. We ask that you consult us prior taking any medications other than those in this handout.

FOR INDIGESTION: Indigestion is very common inn pregnancy and usually cannot be totally avoided. Often this situation is relieved by eating smaller or more frequent meals, avoiding specific irritating foods, and by having less in your stomach at bedtime. If these suggestions don't help, you might try Riopan, Tums, Mylanta, or Maalox tablets or liquids (make sure antacids are low in sodium). After the first trimester you may use Zantac 75 at bedtime.

FOR NAUSEA OR MORNING SICKNESS: Again, we suggest that you consider your diet and time of day that you eat your meals. During pregnancy there may be an increase in stomach secretions and perhaps a cracker or a piece of toast before getting out of bed may be helpful. You may also try eating smaller, more frequent meals and never skip meals. It is helpful to cut down on spices, milk, high fat foods and tomatoes. Dramamine or Meclizine 25 mg may be combined with Vitamin B6 50mg and taken three times a day. These medicines are all available over the counter. If these measures don't work, please call the office.

FOR CONSTIPATION: There are many reasons for constipation during pregnancy. Sometimes it is due to iron in your vitamins, the lack of bulk or roughage, or lack of fluids in your diet. Be sure to drink 8-10 glasses of water daily. Try to increase the bulk or roughage in your diet (bran cereal, whole cracked wheat bread, leafy green vegetables, fresh and dried fruits). If these suggestions don't improve the situation, you may take Metamucil, Effersyllium, Fibermed Wafers, or FiberCon which are bulking agents. Surfak or Colace may be used as bowel softeners. Miralax may also be used on occasion. If constipation becomes a persistent problem, please call us.

FOR HEMORRHOIDS: Hemorrhoids are enlarged veins at the rectal opening that may develop during pregnancy and present with itching, burning or pain. The treatment is keeping bowel movements soft and regular, avoiding straining and standing for long periods of time. You may try soaking in a warm tub bath and using Witch Hazel Tucks and/or Anusol HC1 after bowel movements. Should you have any rectal bleeding, please call us.

FOR HEADACHES: Headaches may be caused by a number of reasons such as stress, being overworked, fatigue, and changes in hormone levels. Be sure to get enough sleep and take a break during daily activities. Acetaminophen is the preferred pain reliever. You should not use ibuprofen, aspirin, or naproxen during pregnancy.

FOR COLDS, CONGESTION, OR FLU: Be sure to get plenty of rest and drink more fluids. Antihistamine/decongestion products such as Benadryl, Claritin, Allegra, Zyrtec, Chlortrimeton, or Sudafed may be used. Cough drops and lozenges such as Chlorseptic may be helpful. Robitussin DM and a cool mist vaporizer may be used for cough suppression. If nausea develops, restrict your diet to clear liquids (Jello, clear juices, broths and Gatorade). Antibiotics are usually not helpful unless complications arise. If your temperature rises above 101.5 degrees Fahrenheit despite using acetaminophen, contact the office. All pregnant should receive the flu vaccine if they are pregnant during flu season. If you are exposed to the flu or develop symptoms of the flu, call the office as soon as possible—you may be a candidate for Tamiflu.

FOR DRY STUFFY NOSE: Ocean Nasal Mist or Ayr Nasal Spray can be used often as needed. Humidification of the air may be helpful during the winter months.

It is important to take the full adult dosage of medications recommended by the manufacturer. If your questions about medications you may have taken or that another health care giver has prescribed for you, please call us.