

Over-the Counter Medications During Pregnancy

Many patients have questions regarding medication during pregnancy. It is best to avoid taking any medications unless you need it. This is particularly important in the first trimester of pregnancy; however, if your condition warrants treatment, the following guidelines should be followed.

- **Nasal congestion or cold** – Avoid decongestants and nasal sprays in the first 12 weeks, unless discussed with your physician. After 12 weeks, you may take Sudafed or Actifed for 2-3 days until your symptoms subside.
- **Cough** – Plain Robitussin, 1 teaspoon every 4-5 hours. May use cold air humidifier without medication added.
- **Headache** – Tylenol caplets or tablets, 1 or 2 every 4 hours.
- **Constipation** – Metamucil, Surfak, or Colace per package directions.
- **Nausea** – Vitamin B-6 50 mg 3 times a day along with Unisom (doxylamine) ½ tab 3 times a day. May be taken in the first trimester.
- **Diarrhea** – Kaopectate or Imodium, per package directions.
- **Heartburn** – Maalox or Mylanta per package directions. For more severe reflux, Pepcid AC
- **Hemorrhoids** – Anusol local application or Preparation H, per package instructions.
- **Dental Care** – You may take Novocain, but no gaseous analgesia. Use an abdominal shield if you need dental x-rays.