

# Taking Medicine While Pregnant

When you are pregnant, some medicines and herbs may be unsafe. This is especially true during the first 3 months when your baby's organs are forming.



## Prescription Medicines

Talk to your healthcare provider about your medicines. Your healthcare provider may need to change some of the medicines you are taking while you're pregnant.

- ☑ Tell your healthcare provider what medicines, vitamins, supplements, and herbs you are taking now.
- ✗ Do not stop taking your prescription medicines before talking to your healthcare provider.

**Whenever you see a healthcare provider, make sure they know you're pregnant.**

Remember, always talk to your pharmacist or healthcare provider before starting an over-the-counter medicine.

## Over the Counter Medicines

Some over the counter medicines (medicines you can get without a prescription) are safe to use during pregnancy. Other medicines are not safe.


**The medicines listed below with a red X are not safe.**

Check with your pharmacist or your healthcare provider before you take any other over the counter medicines.

**For all medicines except acetaminophen (Tylenol) follow the package directions for how much to take (dose).**



### For Headaches or Pain

Generic Name	Brand Name	
• acetaminophen	Tylenol®	Take 600 to 1000 mg every 6 hours. Do not take more than 4,000 mg a day. These may seem like large numbers but they <b>are safe</b> for you and your baby.
<b>Do Not Take these Medicines</b>		
✗ ibuprophen	Advil®, Motrin®	
✗ naproxen	Aleve®	
✗ aspirin	Bayer®	
		If your provider tells you to take baby aspirin <b>for reasons other than pain</b> , like for preventing high blood pressure, it is safe.

### For Sleep

Generic Name	Brand Name
• doxylamine	Unisom®
• diphenhydramine	Benadryl®

### For Constipation

Generic Name	Brand Name
• Polyethylene glycol	Miralax®
• Docusate sodium	Colace®
• Fiber	Metamucil®, FiberCon®



<b>For Heartburn or Gas</b>	
<b>Generic Name</b>	<b>Brand Name</b>
<ul style="list-style-type: none"> <li>calcium carbonate (heartburn)</li> </ul>	Tums® Maalox® or Mylanta®
<ul style="list-style-type: none"> <li>famotidine (heartburn)</li> </ul>	Pepcid®
<ul style="list-style-type: none"> <li>omeprazole, esomeprazole, lansoprazole (heartburn)</li> </ul>	Prilosec®, Nexium®, Prevacid®
<ul style="list-style-type: none"> <li>simethicone (gas)</li> </ul>	Mylicon®, Gas-X®



<b>For Hemorrhoids</b>	
<b>Generic Name</b>	<b>Brand Name</b>
<ul style="list-style-type: none"> <li>phenylephrine topical gel</li> </ul>	Preparation H®, Anusol®
<ul style="list-style-type: none"> <li>witch hazel</li> </ul>	Tucks®

<b>For Allergies</b>	
<b>Generic Name</b>	<b>Brand Name</b>
<ul style="list-style-type: none"> <li>cetirizine</li> </ul>	Zyrtec®
<ul style="list-style-type: none"> <li>diphenhydramine</li> </ul>	Benadryl®
<ul style="list-style-type: none"> <li>fexofenadine</li> </ul>	Allegra®
<ul style="list-style-type: none"> <li>loratadine</li> </ul>	Claritin®
<ul style="list-style-type: none"> <li>fluticasone</li> </ul>	Flonase®



<b>For Colds and Flu</b>		
<b>Generic Name</b>	<b>Brand Name</b>	
<ul style="list-style-type: none"> <li>benzocaine</li> </ul>	Chloraseptic®, Cepacol®, Halls®	Will help keep your mouth moist. If you have diabetes, look for sugar free drops
<ul style="list-style-type: none"> <li>guaifenesin</li> </ul>	Mucinex®	Helps you to cough up mucus more easily
<ul style="list-style-type: none"> <li>dextromethorphan</li> </ul>	Robitussin®	Keeps you from coughing as much
<ul style="list-style-type: none"> <li>oxymetazoline</li> </ul>	Afrin®	For a stuffy nose
<ul style="list-style-type: none"> <li>pseudoephedrine</li> </ul>	Sudafed®	For a stuffy nose
<ul style="list-style-type: none"> <li>Drink lots of water when you take this medicine. This medicine dries you out.</li> <li>Do not take this medicine for more than 3 days.</li> <li>Do not take Sudafed during your first trimester (up to 12 weeks)</li> <li>Do not take Sudafed if you have high blood pressure</li> </ul>		

<b>For Nausea and Throwing Up</b>		
<b>Generic Name</b>	<b>Brand Name</b>	
<ul style="list-style-type: none"> <li>Vitamin B6</li> </ul>		
<ul style="list-style-type: none"> <li>doxylamine</li> </ul>	Unisom®	Start taking 25 mg of doxylamine at night but if you're still feeling nauseous or throwing up, you can also take half a tablet in the morning and half a tablet at lunchtime as well

