

Medicine in Pregnancy

Women in their first trimester should generally not take medication, except prescribed vitamins, Tums, Calcium, Iron or Surfac, unless your doctor recommends medically treating a problem you are having. If you are on any daily prescription medicines please discuss them with your doctor. During your pregnancy you should not take aspirin or aspirin products, unless prescribed by your doctor. You may take Tylenol or Extra Strength Tylenol.

Medicines to Avoid

- Aspirin
- Aleve
- Nuprin
- Advil
- Motrin

Safe Medicines*

- Cough - Robitussin

- Anti-Gas - Mylicon 80,
Milk of Magnesia

- Pain - Tylenol / Acetaminophen

- Stool Softener - Colace, Surfac

- Antihistamine / Decongestant - Afrin Nasal Spray (No longer than 2 days), Benadryl,
Sudafed, Actifed

- Diarrhea - Kaopectate

- Antacids - Maalox, Mylanta, Digel, Gelusil

- Hemorrhoids - Preparation H ,
Anusol,
Riopan

- Nausea - Phenergan,
Emetrol

*These medicines have been shown to be safe and are FDA-approved for pregnancy. If you take these for more than two to three days, notify your doctor. Ask your doctor before taking any over the counter or prescription medication at any time during your pregnancy.

If you take medicine routinely, notify your doctor.

General

Vitamins are prescribed to supplement a balanced diet. Iron supplements are generally taken twice a day. You may use any over-the-counter iron in a fifty or sixty-five mg dose. Slow Fe has a stool softener in it. Surfak, Colace, or Metamucil will help mild constipation. Notify your doctor if constipation persists for more than two days. Additional fluids and exercise will also help. If your prenatal vitamin makes you nauseated, stop taking them until you are finished with your first trimester but try to take a separate dose of folic acid, which generally does not cause stomach upset. The nausea typically goes away at that time.