

# MEDICATIONS IN PREGNANCY

THE FOLLOWING OVER-THE-COUNTER (OTC) MEDICATIONS ARE GENERALLY CONSIDERED SAFE TO USE DURING PREGNANCY BUT IT IS BEST TO AVOID TAKING ANY SORT OF MEDICATION DURING THE FIRST TRIMESTER IF POSSIBLE. ALSO IT IS BEST TO USE THESE MEDICATIONS ONLY FOR A SHORT TIME. TALK WITH YOUR MIDWIFE IF YOU HAVE QUESTIONS OR CONCERNS ABOUT ANY MEDICATION.

## General Aches, Pains, Headaches:

- **TYLENOL AND TYLENOL EXTRA STRENGTH**

"There has been some recent research on tylenol suggesting there may be a small increased risk of ADHD and possibly autism with prenatal tylenol use. More research is needed before we can say that extended tylenol use causes the increased risk. In one study the higher risk was associated with tylenol use more than 29 days and closer to the time of birth. Use for less than 8 days was associated with decreased risk. Tylenol is still the medication of choice for pain prenatally. Fevers should also be treated as fever itself is associated with adverse outcomes. Updated Oct 2020"

## Heartburn:

- **MYLANTA**
- **MAALOX**
- **TUMS**
- **PEPCID**

## Constipation:

- **METAMUCIL**
- **FIBER-CON**
- **COLACE OR PERICOLACE**

## Hemorrhoids:

- **PREPARATION-H**

- **TUCKS PADS (WITCH HAZEL PADS)**

## Seasonal Allergies:

- **CLARITIN**
- **ZYRTEC**
- **BENADRYL**
- **CHLOR-TRIMETON**

## Colds or Sinus Problems:

AVOID THE FOLLOWING DECONGESTANTS IN THE FIRST TRIMESTER.

- **SUDAFED AND SUDAFED EXTRA STRENGTH**
- **SUDAFED NIGHT (SUDAFED AND BENADRYL)**
- **TYLENOL COLD**

## Cough:

- **ROBITUSSIN WITH OR WITHOUT DM (DEXTROMETHORPHAN)**

## Nasal sprays:

- **SALINE NASAL SPRAY**
- **AFRIN SPRAY (DO NOT USE FOR MORE THAN 3 DAYS AS IT MAY CAUSE REBOUND CONGESTION.)**

## Yeast Infection:

- **ANTI-FUNGAL MEDICATIONS LIKE MONISTAT, MYCOSTATIN (ONLY USE 3 OR 7 DAY TREATMENT)**

## Trouble Sleeping:

- **UNISOM**

- BENADRYL 25-50 MG

- TYLENOL PM