

Medications in Pregnancy

Many over-the-counter and prescription medications are safe to take during pregnancy. The following list of over-the-counter medications can safely be used to treat many common problems you may encounter during your pregnancy. However, if you ever have any questions regarding the safety of a medication, please don't hesitate to call our office at (970) 245-1220.

Headaches/Pain/Fever: Tylenol and Extra Strength Tylenol.

- DO NOT TAKE Motrin, Ibuprofen, Aleve, Aspirin or Naprosyn in pregnancy.

Heartburn: Rolaids or Tums should be tried first. Others that may be used are Maalox, Mylanta, Zantac, Pepcid, Prilosec or Prevacid.

- DO NOT USE Pepto-Bismol in pregnancy.

Seasonal Allergies: Benadryl, Zyrtec, Flonase, Claritin or Allegra.

Sore Throat: Most lozenges and sprays can be used. Salt water gargle.

Congestion/Runny nose: Nasal saline rinse, Flonase, Tylenol and Benadryl - Use caution when taking medication containing **Phenylpropanolamine** as it can elevate blood pressure.

Cough: Robitussin, Robitussin DM, Mucinex

Insomnia: Tylenol PM, Unisom or Benadryl

Constipation: Colace, fiber supplements, Miralax

* Note: Generics may be substituted for brand names in the suggested medications above.

Cold and Flu:

As far as it is known, the medications listed below do not cause any harmful effects during pregnancy. They are frequently used in pregnancy, but formal studies are generally not conducted using pregnant women.

Cold and flu symptoms usually last ~ 7 – 10 days regardless of treatments. Since these illnesses are frequently viral, antibiotics are not effective. Taking ineffective medication may result in risk without benefit. It may also result in resistant strains of bacteria.

Home remedies:

1. Increase fluid intake.
2. Use a humidifier.
3. Zinc. Controlled studies have shown taking Zinc will cut the time of your flu in half and taking Zinc when not ill will reduce the number of illnesses by half. Take 100mg per day when sick and 50mg per day to prevent illness. Zinc can be taken in pill form or by lozenges.
4. Get plenty of rest.
5. Eat a healthy, well-balanced diet.
6. Avoid caffeine.
7. Afrin nasal spray. Prolonged use can cause dependency.

When to call your doctor:

- Fever over 101 degrees
- Symptoms for greater than 7 days that do not appear to be improving.
- Difficulty breathing (not including a stuffy nose)
- Coughing up blood or rusty sputum