

MEDICATION LIST

Now that you are pregnant you need to be as careful about your intake of medicines (prescription, over-the-counter, and herbal). During the early part of your pregnancy we want you to be *especially* careful about medicines. From the day you miss your period until 8 weeks later (12th menstrual week) your baby is undergoing “organogenesis,” transforming from cells into a miniature human. During this period you may take acetaminophen (Tylenol) as needed without special permission (and you should definitely take it for fever!). You also may take medicines “pre-approved” during discussions with us prior to your pregnancy. However, before taking other medicines, we’d like you to ask us for approval at your appointment, by phone, or via email.

After 12 weeks (when your baby will basically be growing and maturing) many over-the-counter medicines for minor ailments are considered safe. Brand names or “store” brands equivalent to these medicines are acceptable. Call us for further instructions if your symptoms do not improve.

Symptom

Pain or fever – Tylenol (acetaminophen)

Cold, allergy, and sinus problems – Sudafed, Actifed, Claritin and Claritin D. Robitussin and Robitussin DM are fine for cough. Avoid products with ibuprofen.

Constipation – Fiber product such as Metamucil, Citrucel, Fibercon, Perdiem are very safe. Add a stool softener such as Colace, or even a mild laxative such as Senokot as needed.

Indigestion – Tums, Rolaids, and Mylanta are fine. Use Zantac 75 if needed.

Hemorrhoids – Preparation H, Anusol

Diarrhea – Kaopectate, Immodium, or Pepto-Bismol

Insomnia – Tylenol PM

Contact us if you have problems not relieved with over-the-counter medicines or symptoms that commonly require prescription medicines!