**Medications in Pregnancy**

*Please remember to use caution with all medications in pregnancy. Always read instructions and talk to your health care provider with any questions*

**The following medications are considered to be safe when taken in pregnancy**

**Constipation:**  Colace 100mg twice per day as needed

Fibercon, Metamucil

Milk of magnesia

Mira lax

**Heartburn:**  Tums

Pepcid over the counter

Mylanta gas/ simethicone / GasX

Liquid aloe

**Nausea/ Vomiting:**

Sea Bands: Available at most local drug stores

Vitamin B6: 25mg - 50mg up to 3x per day

Unisom: 12.5mg at bedtime. May repeat as needed but not to exceed 50mg per day

Ginger: (like in ginger ale) – 250mg up to 4x per day

**Headaches/pain/fever:**

Tylenol (acetaminophen)

**Allergies:**  Benadryl

Claritin – avoid extended release or “D” allergy meds

Zyrtec

Saline nasal spray

**Colds/coughs:** Sudafed (Pseudoephedrine)

Robitussin

**Also:**  Hydrocortisone 1% cream or ointment, Gyne-Lotrimin/Monistat

**Nausea in Pregnancy**

* Eat small frequent meals. Avoid an empty stomach
* Eat high carbohydrates, low fat foods
* Eat meals high in protein
* Eat a bland, dry diet (crackers, pita chips)
* Avoid spicy, offensive foods and smells
* Drink frequently and in small amounts. Sip all day, recommended beverages include cold, clear carbonated liquids, lemonade, ginger ale and supplemental nutritional products (Gatorade all sport, Ensure, Boost)
* Lie down/rest as needed
* Change positions slowly
* Avoid iron containing preparations
* Wait 1 hour after eating to brush teeth