

Medication Guidance During Pregnancy

Some medications are safe for treating common pregnancy complaints and minor illnesses. It is best to avoid all over-the-counter medications during your first trimester. Always follow label dosing directions. Ask your healthcare provider if you are ever in doubt.

Symptoms	Managing Symptoms	Over-the-counter Medication	Notes
Allergies	Force Fluids, Humidifier, Vaporizer	Diphenhydramin (Benadryl™) Chlorpheniramine (Chlor-Trimeton™)	
Congestion, Sinus problems, Cold Symptoms	Humidifier, Force Fluids	Nasal Saline Spray Breathe Right Nasal Strips Acetaminophen (Tylenol™) Cough Drops Cepacol	Alcohol-free option
Cough		Guaifenesin Dextromethorphan	Alcohol-free option
Constipation	Increase water intake, prunes, raisins, fruit, whole grains, raw vegetables	Pysllium (Metamucil™) Docusate Sodium (Colace™) Polycarbophil (Fibercon™) Methylcellulose (Circel™) Polyethylene Glycol (Miralax™)	
Diarrhea	Increase fluids and fiber in diet	Fiber supplements	If symptoms persist for more than 24 hours, contact your healthcare provider
Headache	Increase water intake and sleep	Acetaminophen (Tylenol™)	
Heartburn	<ul style="list-style-type: none"> • Avoid spicy food & carbonated beverages • Eat small meals • Force liquids between meals • Elevate HOB • Stay upright for 30 minutes after eating 	Famotidine (Pepcid™) Calcium Carbonate Antacid (Rolaids™ or Tums™) Mylanta	Avoid excessive use
Hemorrhoids	Increase water intake Increase fiber intake	Tronolane (Pramoxine™) Tucks (Witch hazel pads™)	
Musculoskeletal, Back Pain	Heat, rest, massage, physical therapy referral (Ask provider for support device)	Acetaminophen (Tylenol™)	
Nausea/Vomiting	<ul style="list-style-type: none"> • Small frequent meals • Bland foods (banana, apple, toast, rice, etc...) • Avoid spicy/fatty foods • Take prenatal vitamin at night • Ginger Ale or other ginger products 	Vitamin B6 Diphenhydramine (Unisom™) Doxylamine	
Sleep		Doxylamine Diphenhydramine (Unisom™) Benadryl	

Medications to Avoid During Pregnancy



- Ibuprofen™
- Motrin™
- Advil™
- Aleve™
- Excedrin™
- Aspirin™
- Pepto-Bismol™
- Phenylephrine™

Prenatal Vitamin

Prenatal vitamins typically contain more folic acid and iron than standard adult multivitamins. Omega-3 fatty acids are not included in your prenatal vitamin and a supplement may be considered if you are unable to choose foods high in omega-3 fatty acids. Remember, prenatal vitamins are a complement to healthy eating, NOT a substitute.

Benefits:

- Folic acid helps prevent neural tube defects, which are serious abnormalities of the brain and spine.
- Iron supports the baby's growth and development.
- Iron helps prevent anemia, a condition in which blood lacks adequate healthy red blood cells.
- Omega-3 fatty acids might help promote brain development.

Recommended Vaccines

Flu Vaccine	Recommended for all women pregnant during the flu season
Tdap Vaccine	Recommended to be given to women during each pregnancy

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