

Safe Medication while pregnant



Doctors (MDs), nurse midwives (CNMs), and nurse practitioners (NPs) do not want you to take medicines during your pregnancy unless it is needed. There are times when that cannot be avoided. There are over-the-counter medicines that are safe for use in pregnancy.

Stuffy Nose

Pregnant moms often have a stuffy nose. Pregnancy hormones make your nose and sinus tissues swell, making it hard to breathe. It is better to use natural remedies for stuffy nose before trying medicine. Natural remedies are a cool mist vaporizer or a pan of water on the furnace register. Another remedy for stuffy nose is Vicks Vaporub. Some put it on your chest; some put it on the skin under the nose. If neither helps, then consider taking a pill like Sudafed. The generic name for Sudafed is pseudo-ephedrine hydrochloride. The safe dose is 30 to 60 milligrams, usually taken every 4 -6 hours.

Cough

Many times when you have a cold you have a cough. For cough, a safe remedy is cough syrup that contains guaifenesin. It makes mucus easier to cough up. Two guaifenesin cough syrups are Robitussin or Waltuss, but there are others. Avoid taking cough syrups for cough, runny nose and fever. Those cough syrups may contain aspirin or other drugs that are not safe for pregnant moms. However, you may use cough syrups that contain Dextromethorphan. It controls the cough. The safe dose is 1 to 2 teaspoons every four hours.

Aches and Pains

For minor aches and pains like headaches, backache or round ligament pain you can safely take Tylenol or generic acetaminophen. The safe dose is 2 tablets every 4 to 6 hours.

Allergies

For runny nose from hay fever or allergies you can take Chlor-Trimeton. The generic name for this drug is chlorpheniramine maleate. The dose is 4 milligrams every 4 To 6 hours. Do not take more than six pills in one day.

Sinus Headaches

For sinus headaches, try the remedies for stuffy nose first. If those do not help, you may take Tylenol Sinus tablets. Tylenol sinus contains Sudafed; so do not take plain Sudafed, too. The usual dose is 1 or 2 tablets every 4 to 6 hours.

Diarrhea

Sometimes pregnant moms get the flu and have diarrhea. What a change from being constipated!! But diarrhea is not pleasant. If you have two or more bowel movements in an hour, you can use any of the following remedies safely. First, eat bland foods like cooked cereal, toast, applesauce, noodle soup and bananas while you have diarrhea. Also, drink at least 6 to 8 cups of Juice and water. If the diarrhea continues for more than 24 hours, call your doctor or nurse- midwife or health department.

Imodium and Imodium A-D are safe to use when pregnancy. The generic name for Imodium is loperamide hydrochloride. The dose is two 2-milligram pills or capsules for the first dose then 2 milligrams after each BM. Do not take more than a total of 8 tablets/capsules in one day. Pepto-Bismol another medicine that may be used for diarrhea, but only if you are less than 26 weeks pregnant. The dose is two tablespoons up to 8 times a day. Kaopectate may be used any time during pregnancy. The dose is 2 to 4 tablespoons after each bowel movement.

Vomiting

The best remedy for vomiting that accompanies flu is a clear liquid, then a full liquid diet followed by a bland diet and 8-10 cups of water or juice a day. A clear liquid diet includes any liquid you can see through like apple juice or sprite. A full liquid diet includes milk and juices that have pulp (orange juice). A bland diet includes bread, cereal, milk, pudding, soups that are not spice, bananas, and applesauce. When you have had no nausea for two days, gradually add spicy foods like chili or pizza.

Other Medicines if you have symptoms that are not listed here and need to take a medicine [please call your doctor and ask.](#)