

CHRISTOPHER K. QUINSEY, MD, PA

Medications during Pregnancy

Congratulations on your new pregnancy! We are very glad you have chosen us for your prenatal care. Helping you enjoy a happy, healthy pregnancy is our primary concern.

Throughout your pregnancy, you may experience minor ailments such as colds, stomach viruses, muscle sprains, headaches, etc. While these conditions are not life-threatening, at times you may want to use something to alleviate your discomfort.

There is no guarantee that a medication is safe to use during pregnancy. Therefore, it is best not to take anything unless absolutely necessary. Nevertheless, experience has shown us that certain medications are safer than others. For your convenience, we have listed these medications below, grouped according to your symptoms. As always, if you have any questions, please call our office.

Allergies/Hay Fever:

Actifed	Chlor-Trimetron	
Benadryl	Tavist	Afrin Nasal Spray – maximum of 3 days

Colds:

Actifed	Chlor-Trimetron	Tylenol (Acetaminophen)
Benadryl	Tavist-D	Afrin Nasal Spray – maximum of 3 days

Constipation:

Citrucel	FiberCon	Milk of Magnesia
Colace	Metamucil	Surfak

Cough:

Benylin		May also use a vaporizer
Robitussin (plain, DM, CF or PE)		

Diarrhea:

Imodium AD
Kaopectate (for 1-2 days only)

Headaches/Backaches:

Tylenol (acetaminophen)	Ice Packs
Heating Pad	

Head Lice or Crabs:

Nix
Rid

Heartburn:

Tums	Maalox	Roloids
Gaviscon	Mylanta	

Hemorrhoids:

Anusol HC Preparation H
Nupercainal Tucks Pads

Leg Cramps:

Heating Pad Tums
Roloids Oscal (Extra calcium helps)

Nausea:

Emetrol Mylanta
Maalox

Nasal Dryness:

Any saline nasal spray
Vaseline on Q-tips

Pinworms:

Pin-X

Skin Irritations:

Any over the counter cortisone cream Caladryl
Benadryl Cream Lanacaine

Sore Throat:

Any over the counter lozenges Gargle with warm salt water
Chloraseptic Spray

Yeast Infections:

Gyne-Lotrimin Mycelex-7 (externally during the first trimester.
Monistat May use internally 2nd and 3rd trimester)