

# 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 2<sup>nd</sup> and 3<sup>rd</sup> trimester)