

### Self-Medication In Pregnancy

The following list contains medications that may be relatively safe in pregnancy. These should be taken according to directions on the box. Although these are considered safe, use the least that is necessary to take care of your symptoms, especially in the first 3 months of pregnancy.

Read the list of active ingredients on a bottle. They tell you what the medication has in it. Brand names here are in *italics*, and marked with ®. The chemical names of the medication(s) are listed along with the brand name. If the chemical names are the same, the medication is the same. Often this lets you buy a less expensive store-brand medication

Avoid medication which has alcohol in it, such as Vicks® or Nyquil®. Some medications that you take commonly may be harmful in pregnancy. Warnings are in black type.

Decongestants contain pseudoephedrine, which can raise your blood pressure in pregnancy. Antihistamines do not. Often, they are combined in cold remedies. If a cold remedy says it has a decongestant, do not take it.

Symptoms	What the Medicine Does	Chemical Name	Brand Name
Vomiting	Replaces lost fluid and sugar	Mixture of sugars and salts	Emetrol®
Nausea, Vomiting	Decreases Nausea	Diphenhydramine Promethazine	<i>Benadryl®</i> <i>Phenergan®</i>
Heartburn	Decreases heartburn, Nausea	<u>Acid Reducers</u>	
		Famotidine 10 mg	<i>Pepcid AC®</i>
		Cimetidine	<i>Tagamet®</i>
		Ranitidine 75 mg	<i>Zantac®</i>
Headache, fever	Non-steroidal anti-inflammatory	<b>AFTER 32 weeks of pregnancy, AVOID:</b> Aspirin Ibuprofen Naproxen sodium	<b>AFTER 32 weeks of pregnancy, AVOID:</b> <i>Advil®</i> <i>Aleve®</i> <i>Alka-Seltzer® products</i> <i>Anaprox®</i> <i>Motrin IB®</i> <i>Naprosyn®</i> <i>Nuprin®</i>
	Fever reducer, helps headache	Acetaminophen	<i>Tylenol®, regular (325mg) or extra strength(500 mg)</i> Any product that says “No-aspirin” or “Aspirin-free”
Runny nose	Blocks allergic reactions	<u>Antihistamines</u>	
Dust/Pollen	Dry nasal secretions	Brompheniramine	<i>Bromfed®</i>
Allergies	Also Causes drowsiness	Chlorpheniramine	<i>Chlor-Trimeton® Allergy Tablets 4/8/12 hour</i>
		Chlorpheniramine	<i>Coricidin® HBP Cold &amp; Flu tablets</i>
		Chlorpheniramine	<i>Coricidin® HBP Cough &amp; Cold Tablets</i>
		Clemastine	<i>Tavist-D® 12 hour relief tablets, caplets</i>
		Dimenhydramine	<i>Dramamine® Tablets/Chewable/ Children’s</i>
		Diphenhydramine	<i>Benadryl®</i>
		Diphenhydramine	<i>Coricidin® NightTime Cold &amp; Cough Liquid</i>
		Diphenhydramine	<i>Maximum Strength Unisom® Sleepgels</i>
		Diphenhydramine	<i>Sominex® Original</i>

		Doxylamine	<i>Unisom®</i>
		Meclizine Hcl	<i>Dramamine® Less Drowsy Formula</i>
		Pheniramine	<i>Triaminic®</i>
		Promethazine	<i>Phenergan®</i>
Sinus Infection	Physically cleanses the sinuses	1 tsp salt + 2 cups water; Drop into nose, and remove with suction bulb	<i>Saline Nasal Spray</i>
Cough	Suppresses the Cough	Dextromethorphan	<i>Benylin® Cough Suppressant Expectorant</i>
			<i>Coricidin® HBP Cough &amp; Cold Tablets</i>
			<i>Delsym® Cough Formula</i>
			<i>Pediatric Vicks® 44e</i>
			<i>Pertussin® CS Children's Strength</i>
			<i>Robitussin® Maximum Strength Cough Suppressant</i>
			<i>Robitussin® DM</i>
	Thins mucus to help coughing	Guaifenesin	<i>Pediatric Vicks® 44e</i>
			<i>Robitussin®</i>
			<i>Robitussin® DM</i>
Sore Throat	Relieves Pain	Throat Lozenges	Any kind
		Salt + Warm Water	Salt Water Gargle
Heartburn	Chewable/Liquid antacids	Calcium Carbonate	<i>Roloids®</i>
			<i>Tums®</i>
			<i>Maalox®</i>
			<i>Mylanta®</i>
			<i>Riopan®</i>
			Any Kind
Diarrhea	Mechanically slows the bowel	Pectin + Kaolin Clay	<i>Kaopectate®</i>
			Many Store Brands
	Slows gut movement	Loperamide	<i>Imodium®</i>
			Many Store Brands
Constipation	Bowel Stimulant	Natural Fiber	<i>All-Bran® Cereal</i>
			<i>100% Bran® Cereal</i>
			<i>Fiber-Con®</i>
	Bowel Stimulant	Psyllium Seeds	<i>Metamucil®</i>
			<i>Citrucel®</i>
	Absorbs Water	Docusate	<i>Colace®</i>
			<i>Doxidan®</i>
			<i>Dialose®</i>
			<i>Per-Colace®</i>
	Bowel Stimulant	Senna	<i>Sennakot-S®</i>
			Prune Juice, any brand
	Bowel Stimulant	Magnesium	Milk of Magnesia, any brand
	Bowel Stimulant	Bisacodyl	<i>Dulcolax®</i>
Vaginal Yeast	Antifungal	Miconazole	<i>Monistat®</i>
			Miconazole cream or suppositories

		Mycostatin	<i>Nystatin®</i>
		Clotrimazole	<i>Mycelex®</i>
			<i>Gyne-Lotrimin®</i>
Hemorrhoids	Soothes itching	Witch Hazel/ Peroxide	<i>Tucks®</i>
	Decreases swelling, itching	Cortisone Creams	<i>Anusol HC®</i>
			Hydrocortisone creams, 1%, 2%
Itchy Stretch Marks	Makes the skin feel oily Often causes an allergy	<b>Avoid mineral oil, hand, body lotions</b>	<b>Most skin lotions, baby oils</b>
	Mild lubricant	Cocoa Butter	Cocoa Butter
	Decreases itching	<i>See: Antihistamines</i>	<i>See: Antihistamines</i>
Insomnia	Causes drowsiness	<i>See: Antihistamines</i>	<i>See: Antihistamines</i>