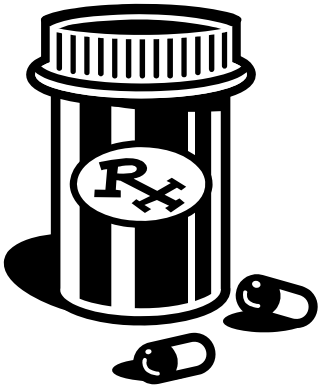
Bossier Healthcare for Women

MEDICATIONS DURING PREGNANCY



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(318)- 212-7840 OFFICE
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1) Is it safe for me to take medications while I am pregnant?
   - In the first **8 weeks** of pregnancy it is best to avoid any medications if possible. This is the main time of organ formation in the fetus. Therefore, avoid any over-the-counter medications during this time frame if possible.

2) What can I do for the 1st **8 weeks**?
   - Before taking OTC medicines try other ways to relieve your symptoms.
   - For cold & cough symptoms; rest, drink extra fluids, and use a cool mist vaporizer, ~18 inches from your face.

- Occasionally you may be prescribed medication during this time. Take the medication as directed and if it is an antibiotic take all of the medication. If you cannot tolerate the medicine call us at (318)212-7840.

3) What if I have to take medications?
   - Regardless of whether you are taking over-the-counter medications or prescriptions, remember, the healthier you are, the **healthier your baby will be!**
   - Should you have questions about medications or if symptoms continue call us between 8a.m. & 5p.m. M-F @ (318)- 212-7840. If it is after hours you can call the hospital @ (318) 212-7120 and speak to a nurse; or if it is an **emergency** stay on the office line and page me through the answering service.
4) What over-the-counter medicines can I safely take??
   - Cold symptoms and allergies:
     1. Chlor-Trimeton: antihistamine, anti- allergy.
     2. Tylenol Flu, Cold, and Allergy preparations.
     3. Sudafed: decongestant.
     4. Actifed: antihistamine and decongestant.
     5. Afrin Nasal Spray: Can use 2 puffs every 12 hours (No other type of spray can be used over-the –counter.)
     6. Claritin: antihistamine.
     7. Read all labels and **follow the directions!!**
   - Cough symptoms:
     1. Robitussin or Robitussin DM.
     2. If cough productive of green or yellow sputum call us.
     3. If no improvement in symptoms call us.
   - Fever or Chills:
     1. Take your temperature and if it is above 99.5°f you can take 650-1000mg of Tylenol every 4 hours. If fever gets above 101.5° F call the office @ (318)- 212-7840 and tell the nurses your symptoms. If after hours call the office and connect to the answering service to page me.
   - Minor Headache or Body aches (e.g., Back pain or pelvic pains):
     1. Tylenol or any acetaminophen preparations, up to 1000mg every 4 hours.
     2. DO NOT take **Aspirin** during your pregnancy unless authorized to by myself.
     3. DO NOT take **Ibuprofen** (Motrin, Advil) containing preparations
     4. If headache persists for 24°, causes visual disturbances, or numbness/tingling in extremities call us @ (318)- 212-7840.

   - Heartburn &/or Indigestion:
     1. Tums up to 8 per day (2 prior to meals & @ bedtime)
     2. Amphogel
     3. Gelusil
     4. Maalox

5. Mylanta
6. Zantac
7. DO NOT use **baking soda** or **Pepto-Bismol**
8. Read all labels and **follow the directions**

- Gas:
  1. Gas-X – use as directions state on the bottle
  2. Mylicon – use as directions state on the bottle
- Constipation:
  1. Colace (docusate) 100 mg twice a day.
  2. Milk of Magnesia: 2 tablespoons or 30 cc's every evening.
  3. MiraLax: Dissolve 17g in 8oz of water daily for 2 weeks.
  4. Citrate of Magnesia one bottle no more often than once/week.
  5. Do **not** use **Mineral oil.**
  6. Metamucil one heaping tablespoon with 8 ounces of juice or water
     - With Metamucil drink at least 6 glasses of water (8 ounces) per day.
- Skin Rash and skin itching:
  1. Benadryl oral 25-50mg as directed on the bottle. **Do not use topical Benadryl cream.**
  2. Claritin once daily in the a.m.
  3. Hydrocortisone cream: as directed on the tube.

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