

Taking Medicine While Pregnant

When you are pregnant, some medicines and herbs may be unsafe. This is especially true during the first 3 months when your baby's organs are forming.

Prescription Medicines

Talk to your provider about your medicines. Your provider may need to change some of the medicines you are taking while you're pregnant.

- ☑ Tell your provider what medicines, vitamins, supplements, and herbs you are taking now.
- ✗ Do not stop taking your prescription medicines before talking to your provider.

Whenever you see a provider, make sure they know you are pregnant.

Over the Counter Medicines – Are They Safe?

Some over the counter medicines (medicines you can get without a prescription) are safe to use during pregnancy. Other medicines are not safe. The medicines listed below are generally safe for most pregnant women, unless you see a red X. **Check with your pharmacist or your health care provider before you take any other over the counter medicines.**

For Headaches or Pain

- Tylenol® (acetaminophen) 325 to 650mg, every 4 to 6 hours. Do not take more than 3,000mg per day.



Do Not Take These Medicines for Pain:

- ✗ Advil® (ibuprofen)
- ✗ Motrin® (ibuprofen)
- ✗ Aleve® (naproxen)
- ✗ Aspirin—But if your provider tells you to take baby aspirin **for reasons other than pain**, like for preventing blood pressure issues, it is safe to take it.

For Heartburn

- Tums® 1-2 tablets. Do not take more than 10 tablets per day.
- Liquid Maalox® or Mylanta® 1-2 tablespoons, 1 hour after eating and at bedtime
- Pepcid 20mg per day
- Tagamet 200mg per day
- ✗ Do not use baking soda or Alka-Seltzer®.



For Allergies

- **Claritin® (loratadine)** 10mg, once a day
- **Benadryl® (diphenhydramine)** 12.5 to 25mg, every 6 hours when you need it
- **Zyrtec® (cetirizine)** 10mg, once a day



For Colds

- **Chlor-Trimeton® (chlorpheniramine)** 4mg, every 4 to 6 hours when you need it
- **Throat lozenges or cough drops:** Take any over the counter brand. This will help keep your mouth moist. If you have diabetes, look for sugar free cough drops.
- **Robitussin® (guaifenesin)** 1 to 2 teaspoons, every 4 to 6 hours when you need it. This helps you cough up mucus easier.
- **Robitussin DM® (guaifenesin with dextromethorphan)** 1 to 2 teaspoons, every 4 to 6 hours when you need it. This keeps you from coughing as much.
- **Sudafed® (pseudoephedrine)** 30 to 60mg, every 6 hours when you need it for **severe** cold symptoms
 - ☑ Drink lots of water when you take this medicine. This medicine treats a stuffy nose by drying you out.
 - ✗ Do not take this medicine for more than 3 days.
 - ✗ Do not take Sudafed during your first trimester (up to 12 weeks) of pregnancy.
 - ✗ Do not take Sudafed if you have high blood pressure.



For Nausea and Throwing Up

- **Vitamin B6** 25mg, 3 times a day
- If this Vitamin B6 isn't enough, you can add **Unisom sleep tabs** (doxylamine succinate) 25mg, once a day at night
 - If Unisom is helping a little, but you're still feeling nauseous or throwing up, add half a tablet of Unisom in the morning and half a tablet at lunch time.



Remember, always talk to your pharmacist or health care provider before starting an over-the-counter medicine.