

## MEDICATIONS IN PREGNANCY

Medications that are safe to take in pregnancy are listed below:

Prenatal vitamin > Any kind is fine, even over the counter brands, chewables, or gummies. One a day is acceptable. You can take it in the morning, at lunch, with dinner, or at bedtime.

Folic Acid > This is usually included in your prenatal vitamin. Make sure that your vitamin has at least 400 mcg. If it does not, you will need to supplement with this also. A dose of up to 1 mg a day is acceptable. This, along with your prenatal vitamin, are best taken daily the rest of your reproductive life. Folic acid helps to prevent neural tube defects, such as spina bifida, but is only really helpful if you are taking it before you conceive. If you have had a baby with spinal defect, you need to take up to 4 mg per day.

Calcium > You and your growing baby need Calcium, at a dosage of 1500-2000 mg per day. You can get this over the counter. Calcium pills tend to be large, so you can take the smallest ones you can find or break them in half. DO NOT take them with your iron pills if you are taking supplemental iron. You may take them with your prenatal vitamin.

Vitamin D3 > Most women are low in Vitamin D3. Recent studies are showing a link between low D3 and some pregnancy complications. A dose of 2000 IU (international units) per day is acceptable in pregnancy. This, plus the calcium and your Prenatal vitamin, are what you need daily in pregnancy.

Vitamin B6 > This is a wonderful nausea reliever in early pregnancy. Fifty (50) mg orally, once in the morning and once in the evening can help control 'morning sickness'. You have to take it as directed twice a day in order for it to work. It is also helpful for nausea anytime during pregnancy. You may also add a half TABLET of Unisom to each dose if your nausea/vomiting is severe. Vitamin B6 needs to be taken twice daily to work effectively. If you are having vomiting to the point where you cannot retain water, please let us know immediately.

Extra Strength Tylenol > Use as necessary for fever or pain but please limit use of acetaminophen- to less than 7 days and no more than 500 mg every 6 hours. Please **do not use Advil, Motrin, or Ibuprofen when you are pregnant.**

Excedrin Tension > This is another pain reliever that is acceptable in pregnancy

Mucinex > This is acceptable if you have a stuffy nose or sinus congestion.

Benadryl > This can be used a sleep aid or for allergies/congestion. 25-50 mg by mouth is an acceptable dosage.

Robitussin or Delsym > These are cough medicines that are compatible with pregnancy. When you have a cough you need to get two kinds of cough medicine. An expectorant is used during the day to MAKE you cough, to remove any mucous from the lungs. At night you will want to use a suppressant, to keep the cough 'quiet' so you can sleep.

TUMS > These are acceptable for mild heartburn and as a calcium supplement.

Mylanta, Maalox > Either of these is acceptable for heartburn. Take as directed on the bottle.

Pepcid AC > This is acceptable as directed on the package for moderate to severe heartburn, which can occur later in pregnancy.

Fibercon, Miralax > It is better to fix constipation by eating fresh fruits and vegetables and drinking LOTS of water. However, if you have severe constipation these medications are acceptable.

Colace > This is a stool softener only, not a constipation reliever. It can be used in cases of severe constipation to soften the stools to allow for easier passage. Please attempt diet changes and hydration first. If you are having severe constipation, please let us know.

Caffeine > No more than 200mg per day. This is about a cup of coffee. If you suffer from migraines, and caffeine helps them, it is acceptable to use two cups of coffee or 400mg per day.

Claritin or Zyrtec> For seasonal allergies

Imodium > for Diarrhea

Please let us know what medications you are currently taking at your initial visit. Most medications are safe in pregnancy, but we like to review them with you. It is best to consult us before taking any new medications or over the counter products, so we can be sure they are safe for you and your baby.