



Medicines in Pregnancy

As a general rule of thumb, it is best to avoid medicines in pregnancy, especially during the first three months. Still, if you need relief from minor problems, here are a few suggestions.

In most cases, follow package instructions on dose and frequency of use.

Herbal treatments should be discussed with your physician before use.

If you are not sure what to take, ask your doctor or pharmacist

Aches and Pains

Acetamenophen (Tylenol)

Do not use aspirin or ibuprofen products.

Head Congestion

Pseudoephedrine

Benadryl

Actifed

Zyrtec

Cough Suppression

Dexamethorphan (Delsyn, Robitussin DM)

Chest Congestion

Guaifenesin (Robitussin)

Sore Throat

Cepacol or Sucrets

Heartburn (GERD)

Magnesium/Aluminum Oxide (Maalox)

Calcium Carbonate (Tums)

Simethicone (Mylicon)

Diarrhea

Loperimide (Imodium)

Constipation

Milk of Magnesia

Colace

Fibercon

Metamucil

Hemorrhoids

Anusol Ointment

Preparation H

Tucks Pads

Vaginal Yeast Infection

Use 3 day or 7 day products

Miconazole (Monistat)

Clotrimazole (GyneLotrimin)

Terconazole (Terazol)

Lotrimin (Mycelex)

Insomnia

Diphenhydramine (Benadryl 25 mgs)

Doxylamine (Unison)

For more information call:

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