



Please refer to the Prenatal Instructions for detailed information.

Medications in Pregnancy

During the first trimester (13 to 14 weeks from your last period), do not take any medications other than prenatal vitamins or Tylenol.

After the first trimester, it is safe to take the following medications:

- **For nasal stuffiness, allergies or cold symptoms:** Sudafed, Actifed, Chlor-Trimeton, Claritin 10mg, Contact or Tylenol Cold, Afrin Nasal Spray (use no longer than three consecutive days)
- **For cough:** Robitussin, regular or DM, Robitussin Cough Drops
- **For fever and/or headache:** Tylenol, Extra Strength Tylenol (until and after delivery), or ibuprofen (only until 32 weeks).
- **For sore throat:** Choraseptic spray, Cepacol or Sucrets throat lozenges.
- **For nausea:** Vitamin B6 (50mg 3 times daily), ½ tablet Unisom 3 times daily (Vitamin B6 and Unisom can be used together), Pepcid AC 10 to 20mg twice daily.
- **For heartburn:** Pepcid AC, Zantac, Tagament, Tums, Mylanta, Gaviscon or Maalox.
- **For diarrhea:** Immodium AD or Kaopectate
- **For constipation:** Surfak, Colace, Citrucel, Metamucil, Fibercon, Milk of Magnesium, or Glycerin rectal suppositories.
- **For gas:** Mylanta or Phazyme
- **For hemorrhoids:** Tucks, Witch Hazel, Preparation H, or Anusol ointment or suppositories
- **For vaginal yeast infection:** Monistat 7 Vaginal Cream

**All medications should be taken according to package directions. If you have a temperature over 101, please contact your physician.

Vaccines:

Flu Vaccine: The CDC recommends that pregnant women have a flu shot at the recommended time.

Hepatitis B: If you are in the process of receiving your three injections, you may continue during pregnancy, even if in the first trimester. If you haven't started the series, it is preferable to begin after the first trimester.

TB Skin Test: This may be done any time during your pregnancy.

Allergy Shots: May be continued. Please contact your allergist.

