

# Kristin Miller Obstetrics & Gynecology, P.L.C.

6750 Poplar Ave. Suite 210 Germantown, TN 38138



*"Caring for the Needs of Women"*

## Medications During Pregnancy and Lactation

All medications cross the placenta and many have an adverse effect on your baby. Many medications are also excreted in the breast milk. Therefore, it is best to avoid taking any medication during your pregnancy, especially in the first trimester and while nursing. However, if other remedies do not give you relief, taking medication may be necessary. Here is a list of medications we think are relatively safe to take during pregnancy and lactation.

Headache:	Tylenol or two Extra Strength tablets every 4 hours for headache
Sinus Congestion & Allergies:	Plain Sudafed tablets or liquid, Sinutab II, Tylenol Sinus or Allergy, Tylenol PM, or Benadryl, Claritin, Claritin-D, Zyrtec, Zyrtec D, Allegra or Allegra D, according to directions
Cold:	Tylenol Cold
Cough:	Plain Robitussin or Robitussin DM, Delsym or Mucinex, according to directions (Please read the label to choose the correct formula for your symptoms) Cough drops are permitted.
Sore Throat:	Chloraseptic throat spray or lozenges, according to directions
Nasal Congestion:	Ocean mist, as directed Afrin Nasal Spray Including Afrin Saline Mist
Indigestion:	Maalox liquid or tablets, Tums Ex, Gaviscon or Mylanta, as needed
Acid Reflux:	Pepcid, Pepcid Complete, Tagamet or Zantac
Constipation:	Metamucil, Citrucel, FiberCon, Colace or Generic Docusate, as directed Milk of Magnesia as directed for severe constipation Glycerin suppositories or Fleets enema
Hemorrhoids:	Preparation H Anusol or Anusol HC cream or suppositories as directed Tucks and Amercaine spray or creme are helpful.
Leg Cramps:	Tums, two tablets each day
Topical Creams:	Hydrocortisone Cream or Neosporin
Diarrhea:	Imodium or Imodium AD as directed
Eye Drops:	Visine eye drops or Styte Relief
Gas:	Mylanta Gas, Mylicon, Gas-X or Phazyme, as directed
Vaginal yeast symptoms such as itching and/or discharge without odor:	Monistat 7 cream or suppositories, as directed on box

Please call the Kristin Miller Obstetrics & Gynecology at (901) 756-6522 if:

1. Any of your symptoms are not relieved after 2-3 days
2. Your symptoms become worse
3. You have any questions about these or other medications

**THE FOLLOWING ARE ALSO COMMON PROBLEMS, BUT CAN BECOME COMPLICATED IF PROPER TREATMENT IS NOT IMPLEMENTED.**

**NAUSEA & VOMITING-** If only mild nausea and vomiting occur, Emetrol (OTC) can be used. Please read and follow the packaged directions. More severe and persistent cases may require medical attention. Please call the office for assistance.

Helpful Hints: Keep soda crackers at your bedside to eat upon awakening. Eat six (6) small meals a day, rather than three (3) large ones, to avoid betting an empty stomach.

**CRAMPING-** Cramping is common in both early and late pregnancy. In early pregnancy you may cramp as the uterus grows. This is called round ligament pain and as long as you are not having vaginal spotting or bleeding that accompanies the cramping, there is no need to be alarmed. If you are uncomfortable or the cramping persists, please do not hesitate to contact the office. In later pregnancy, cramping is usually associated with false labor - in which case you would need to call the office for further assistance.

**SWELLING-** You may experience swelling of the hands and feet in pregnancy. It is best to keep your feet elevated as much as possible. Other measures to reduce swelling - Reduce salt intake!! Avoid salting your food; avoid canned (processed) foods (soups, vegetables and sauces) and luncheon meats. All these are high in sodium and will cause water retention!! If swelling is accompanied by a headache, dizziness or spots before your eyes, please call the office.

***FINALLY, ALWAYS CHECK WITH THE OFFICE FOR FURTHER INFORMATION NOT LISTED HERE FOR ANY UNANSWERED QUESTIONS OR BEFORE TAKING ANY MEDICATION THAT IS NOT PREVIOUSLY LISTED!***

**6750 Poplar Avenue  
Suite 210  
Germantown, TN 38138-7438  
(901) 756-6522**