

# Safe Medications During Pregnancy

Medications during pregnancy are best to be avoided to prevent any complications with the developing baby. However, women during pregnancy are not exempt from having pain and sometimes need medication.

It is recommended to wait until after the first trimester (3<sup>rd</sup> month) or at least the first 8 weeks to take any medications.

## ACETAMINOPHEN PRODUCTS

Tylenol (regular or extra strength)

## GASTROINTESTINAL PRODUCTS

Milk of Magnesia  
Pepto Bismol

Mylanta or Maalox  
Miralax

Tums  
Colace

Gas X  
Imodium

## COUGH OR SORE THROAT PRODUCTS

Sucrets/ Cepacol  
Delsym

Cough Drops  
Chloraseptic Spray

Airborne  
Robitussin/ Robitussin DM

## ANTIHISTAMINES AND DECONGESTANTS

Tylenol Cold and Sinus  
Claritin-D

Claritin

Chlor-Trimeton  
Zyrtec

Actifed  
Singular

Flonase

Saline Nose Spray

Sudafed

Benadryl

## ANTIBIOTICS

Z-pack

Augmentin

Keflex

Penicillin

## HEMORRHOID PREPS

Anusol

Preparation- H

Tucks Pads

Hydrocortisone cream

Monistat

# Pregnancy Instructions

## 1<sup>st</sup> Trimester

Optional Testing

~Decide about genetic carrier screening AND/ OR Chromosomal Screening

## 2<sup>nd</sup> Trimester

~16-18 Weeks: AFP Lab Work

~18-20 Weeks: Anatomy Sonogram

## 3<sup>rd</sup> Trimester

~Schedule classes for 28-32 weeks (access Parent Ed on GBMC.ORG)

~Start search for pediatrician (decide before delivery)

~Decide about Cord Blood

~24-28 Weeks: Glucose screening

~Consider TDAP shot BY 36 weeks!

~36-37 Weeks: GBS Testing

~36 Weeks: Lets talk about labor!