



MEDICATION LIST FOR COMMON COMPLAINTS DURING PREGNANCY

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(585) 473-2846

****Avoid the use of any over-the-counter or prescription medication from other health care providers unless it is approved by your OBSTETRIC health care provider. This precaution is to assure that all medications you are taking are safe for use in pregnancy.**

HEADACHE

Tylenol (Acetaminophen) regular strength 650 mg. (2) 325 mg by mouth, every four hours.
Do not exceed recommended dosage.

CONSTIPATION

Drink plenty of water and include fiber in your diet by eating fruits and vegetables with skins.
If constipation is a constant problem, discuss this with your provider at your office visit.

Stool Softener:

Metamucil (Psyllium hydrophilic mucilloid agents) or Citrucel (Methylcellulose) both are bulk forming laxatives. Place 1 rounded tsp. in 8 oz. water and drink mixture, followed by an additional 8 oz. of water (may be repeated three times per day). Do not use for more than 3 days.

Milk of Magnesia: Take 2-4 TBS. daily by mouth. Do not take more than a 4 TBS. dose or use for more than one week.

Colace (dioctyl sodium sulfosuccinate, DSS) also known as docusate sodium, 100 mg. capsule daily. May take for 2-3 days.

COUGH

Robitussin (guaifenesin), (may contain alcohol) 300 mg/15cc – one TBS by mouth every four hours 400 mg/20 cc by mouth every 4 hours. Do not take more than 8 TBS daily.
Report any cough that lasts more than one week.

NASAL CONGESTION:

Chlor-Trimeton 4 mg tablets every 4-6 hours or 8 mg tablets every 12 hours. Not to exceed 24 mg (6 tablets) daily.

Claritin (plain, NOT Claritin D) •• CAN ONLY USE AFTER FIRST TRIMESTER (13+ WEEKS)
(loratadine) 10 mg. by mouth daily. (Non-drowsy formula.)

HEARTBURN

Tums, Maalox, or Mylanta, use low sodium preparations, as directed on the bottle.

H: Shared/Childbirth Education/Medication List

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