



The DO'S and DON'TS in Pregnancy including Medications

Medications for Colds/Viruses/Allergies:

- Sudafed (pseudoephedrine): 60mg tab every 4-6 hrs for sinus congestion
- Tylenol (acetaminophen) regular strength: two 325mg tabs every 4-6 hrs for fever and pain
- Tylenol (acetaminophen) extra strength: two 500mg tabs every 6hrs for fever and pain
- **DO NOT** take more than 4,000 mg of acetaminophen in a 24-hr period
- Robitussin DM (Dextromethorphen and guaifenesin) 10 ml every 4 hrs
- Claritin (loratadine) – 1 tab a day for allergy relief
- Benadryl (diphenhydramine)- 25 mg tabs: take 1-2 tabs ever 4-6 hrs for allergy relief
- Afrin Nasal Spray - use as directed for nasal congestion for a total of 3 days maximum

Medications for Heartburn and Indigestion

- Zantac 50 mg twice a day for severe heartburn
- Pepcid AC 1 tab twice a day for heartburn
- Rolaids
- Tums
- Mylanta for heartburn, upset stomach and gas
- 50 mg vitamin B6 plus 12.5 mg (half tab) of Unisom twice daily for nausea and vomiting in early pregnancy

Medications for Constipation

- Metamucil or other psyllium formulas - take with plenty of water

Medication for diarrhea

- Imodium (loperamide) 2 tabs once then one after each loose stool

DO NOT TAKE

- Aspirin or anything containing aspirin including Alka-Seltzer
- Ibuprofen-this includes Motrin, Advil, Aleve
- Any herbs or homeopathic remedies without discussing with a midwife
- **DO NOT** take anything that is not listed without talking to a midwife

Activities NOT Recommended

- Scuba Diving
- Douching
- Hot Tubs (nothing over 98 degrees)
- Drinking Alcohol
- Smoking
- Flying (not after 34 weeks)
- Water skiing
- Exposure to cat stool in kitty litter
- Recreational drugs