

MEDICATIONS DURING PREGNANCY AND BREASTFEEDING

Today there is much discussion and controversy about the use of medication during pregnancy and breastfeeding. **We advocate not taking anything unless absolutely necessary.** Be sure and speak with a pharmacist if you have questions regarding any medication, especially if there is a combination in one medication. If you are breastfeeding, the lactation consultants also have information on the safety of various medications and how the medications may affect your supply. The following are some suggestions for common problems:

Discomfort	Information	Medications in Pregnancy <i>Dosage per manufacturer's recommendations.</i>	Medications in Breastfeeding <i>Dosage per manufacturer's recommendations.</i>
Headache, aches, and pains	If no relief, report this to your doctor.	Acetaminophen (Tylenol).	Acetaminophen (Tylenol) Ibuprofen (Motrin, Advil)
Colds	Drink plenty of fluids. Rest. Use medications with caution. If blood pressure or thyroid problems, consult physician. Avoid combination products. Buy individual agents and use only what medications you need to treat your symptom.	For nasal congestion: Pseudoephedrine (Sudafed). For a runny nose: Chlorpheniramine (Chlortrimeton), daytime use. Diphenhydramine HCL (Benadryl), nighttime use.	Pseudoephedrine (Sudafed)-Has potential to decrease milk supply, especially in individuals with poor or marginal milk production, or are in late-stage lactation.
Cough	Drink plenty of fluids. Rest. Use a cool steamer. Hard candy for dry throat.	For cough: Guaifenesin (Robitussin), for a more productive cough. Guaifenesin/dextromethorphan (Robitussin DM), to suppress cough. Delsym.	Same as pregnancy.
Sore Throat	Gargle with a warm salt solution. Use hard candy, may try lozenges if needed. If a sore throat persists call for a throat culture. Drink plenty of fluids.	Acetaminophen (Tylenol) Lozenges or troches are over-the-counter products that can be purchased without a prescription.	Same as pregnancy.
Flu	Stay home and rest. Treat symptoms as they develop. For vomiting and diarrhea, you may take clear liquids (ice chips, 7-up, tea, cola, Jell-o, broth). You may add food gradually after 24-48 hours (start with bland foods such as soda crackers).	For diarrhea: Loperamide (Imodium)	Continue to nurse your baby. Kaopectate or Imodium.
Constipation	Drink plenty of fluids. Add fiber to your diet (fruit, vegetables, bran, and wheat bread).	Metamucil. Natural bran, Citrucel, Docusate (Colace, which is a stool softener). Milk of Magnesia	Same as pregnancy.
Heartburn	See common discomforts.	Antacids (Mylanta, Maalox, Tums) Simethicone (Gas-X) Famotidine (Pepcid)	Same as pregnancy.
Yeast	If no relief, report this to your doctor	Monistat, Clotrimazole	
Allergies		Claritin, Zyrtec	Not recommended.
Nausea in Pregnancy	Try taking prenatal vitamin at bedtime. Acupressure wrist bands (Sea Bands). Ginger products: ginger tea, ginger candy, ginger capsules, Ginger Ale. If no relief, report this to your doctor.	-Vitamin B6 and Doxylamine (Unisom): 10-25 mg Vitamin B6 3-4 times daily, alone or with 25 mg Doxylamine (can cause drowsiness, try ½ tab first) -Dramamine 25-50 mg every 4-6 hrs (Not to exceed 200 mg daily)	CWHS-OLDFORMS-09/2019 REVISED