

NON-PRESCRIPTION DRUG USE IN PREGNANCY

It is best to try to minimize medication use especially during the 1st trimester of pregnancy when organ development is occurring in your infant. Non-medication methods should always be tried first to relieve symptoms. If non-medication alternatives have failed there are a few basic guidelines to follow.

- As your physician or pharmacist before purchasing a non-prescription drug product.
- Choose single entity products to treat only the symptoms you are experiencing
- Medications applied locally are best; nasal sprays or lozenges (minimize absorption to bloodstream)
- Non-prescription drug products should be used in low doses and for only a short period of time

Use this table to help choose a safe non-prescription drug product during pregnancy

Symptom	Non-medication approach first	Safe products to choose from (generic name)	Brand Names
Dry Cough	Use a humidifier. Cool, moist air. Drink fluids to keep your throat moist Breathe through your nose Candy lozenges	Lozenges Dextromethorphan (avoid in 1 st trimester, use 1-2 tsp at night)	Benlyn DM (look for single ingredient product)
Congestion	Use a humidifier. Hot shower with steam. Saline nasal spray Drink warm fluids (chicken soup)	Nasal decongestant (for maximum of 72hr) Xylometazoline HCl 0.1% Oxymetazoline HCl 0.05%	Otrivin
Sore Throat	Use a humidifier Drink fluids to keep your throat moist Candy lozenges. Lemon and honey Gargle with warm salt water (1/2 tsp per glass)	Lozenges (avoid ones with multiple active ingredients)	
Allergies (itchy eyes)	Eye drops: natural tears	Chlorpheniramine	Chlor-Tripolon
Headache	Gentle neck massage. Cool compress/ice pack Dim lights for quiet time or meditation Gentle exercise to minimize tension Fresh air	Acetaminophen	Tylenol, Tempra
Heartburn	Eat smaller, more frequent meals Avoid spicy or high fat foods Avoid lying down right after meals Avoid wearing tight clothing	Antacids are OK: Aluminum hydroxide, Magnesium hydroxide, Calcium carbonate Magaldrate, alginic acid: OK not absorbed	Amphojel Maalox Tums Riopan, Gaviscon
Yeast Infection	Cranberry juice. Yogurt to area.. Loose cotton undergarments Non scented personal hygiene items	Occurring frequently (i.e. every 2 months) See your physician	
Hemorrhoids	Use a sitz bath. Donut ring for sitting. Establish regular bowel routine Avoid standing for long periods of time. Increase dietary fiber.	External cream only Witch-hazel	Anusol Tucks pads
Constipation	Drink lots of fluids Increase the amount of dietary fiber (Eat high fiber fruits and vegetable: apples, prunes, figs, lentils, beans, bran cereals, see hemorrhoids) Increase exercise	Psyllium (bulk laxative) Docusate sodium (stool softener) Glycerine suppository if severe.	Metamucil Colace
Nausea	Bland, non spicy foods. Flat pop. Wrist pressure point: sea bands	Doxylamine and pyridoxine	Diclecrin (Rx)
Diarrhea*	Drink lots of fluids (diluted juice, water, tea, non-carbonated soft drinks, electrolyte drinks (Gatorade)	Kaolin and pectin (not absorbed)	Kaopectate

*if associated with a fever, blood in stool, vaginal discharge or if the diarrhea lasts for >24hrs, you should see your physician