

DOREEN A. MOSER, DO, PA.

MEDICATION FOR PREGNANT WOMEN

Medications on this list can be taken according to the package instructions.

SYMPTOM

MEDICATIONS

Headache, Fever

Tylenol (Extra Strength OKAY)

Cold, Allergies, Congestion

Benadryl, Claritin, Actifed, Drixoral,
Vicks Vaporub, Chlor-Trimeton,
Dimetapp, Thera-Flu, Mucinex,
Afrin Spray (3 days maximum)
Saline Nasal Drops, Tylenol Cold &
Sinus, Sudafed (sparingly after 1st
trimester)

Cough

Any Robitussin (except CF)
Throat lozenges, Dextromethorphan

Heartburn/Reflux

Tums/Roloids, Maalox/Mylanta,
Pepcid AC 10 mg, Tagamet, Zantac (if
no relief from others in list)

Gas/Bloating

Gas X/MylantaGas (Simethicone)

Constipation

Colace /Surfax /Doxidan Milk of Magnesia
Metamucil/Fiberson, Miralax
Glycerin suppositories

Diarrhea (call office if more than 2 days)

Kaopectate, Imodium

Nausea, Vomiting

Emmetrol, Ginger Snaps, Vitamin B6,
Dramamine

Hemorrhoids

Tucks Pads, Anusol, Preparation H Cream or
Suppositories, Sitz Bath

Insomnia

Benadryl 25-50 mg at bedtime

Skin Rashes

Aveeno, Caladryl, Benedryl,

1% Hydrocortisone Cream (sparingly)

Yeast

Monistat 7 day, Lotrimin

AVOID MEDICATIONS THAT CONTAIN ASPIRIN (SALICYLIC ACID), ADVIL/MOTRIN, (Ibuprofen),
Aleve (Naprosyn). Do not use or take extra Vitamin A. Vitamin C is okay.

ALTERNATIVE REMEDIES

Remember: All herbs are "natural" but not all herbs are safe while pregnant. Please refer to the list below for herbs that are okay to take while pregnant. For any of the suggested herbs, follow the dose on the bottle. You may increase the dose if appropriate and no adverse effects are noted.

NAUSEA, VOMITING & HEARTBURN

Ginger- 4 capsules per day, or sip ginger tea
Slippery Elm
Red Raspberry
Peppermint
Fennel
Dandelion root and leaves – 20-40 drops 4x a day

CONSTIPATION

Warm lemon water
Flax or Psyllium
Slippery Elm
Dandelion

WATER RETENTION

Dandelion Leaves
Burdock
Nettle

INSOMNIA

Lemon Balm
Passion Flower
Chamomile
Valerian

HEMORRHOIDS

External use of Witch Hazel or Calendula

STRETCH MARKS

Vitamin E 200-400 IU and
Vitamin C 500-1,000 mg per
day, Vitamin E oil, Cocoa
Butter

HERBS TO AVOID

There are many wonderful healing plants which should be avoided during pregnancy for a variety of reasons. Some irritate the placenta, some can cause deformity of the developing fetus and others stimulate contractions of the uterus, which results in preterm labor. Approximately 500 plants can cause problems during pregnancy. Only about 50 of them are commonly used in the US today. These can be broken down into categories by their actions:

ALKALOID-CONTAINING PLANTS

Coffee
Barberry
Golden Seal
Tobacco
Tea
Ephedra
Mandrake
Sanguinaria

BITTER

Celandine
Gentian
Mugwort
Tansy
Cascara Sagrada
Feverfew
Rue
Wormwood

DIURETICS

Buchu
Juniper Berries
Horsetail
Uva-Ursi

OXYTOCIC

Blue Flag
Cotton Root Bark
Mistletoe

OTHERS

Male Fern
Poke Root

EMMENAGOGUE

Angelica species
Black or Blue Cohosh
Hyssop
Motherwort
Mugwort
Myrrh
Nasturtium
Osha Parsley
Squaw Vine
Pennyroyal
Rue
Sage
Shepherd's Purse
Tansy
Wormwood

LAXATIVES

Aloes
Senna
Castor Bean
Buckhorn

STEROID PRECURSORS

Dong Quai
Ginseng
Licorice
Sarsaparilla

****Herbs used to spice foods are not harmful in amounts used to add flavor

Caffeine and Pregnancy

Over the past decade, many studies have been conducted to determine if a woman's caffeine consumption during pregnancy causes infant birth defects. In 1980, based on its own research, the FDA issued warnings to pregnant women to limit their caffeine intake. A 1982 study of 12,000 expectant mothers at Boston's Brigham and Women's Hospital indicated that women who drank more than 4 cups of coffee a day during their first trimester were more likely to experience premature rupture of their water bag or a breech birth presentation.

While animal research on the physiological birth anomalies caused by the caffeine is inconclusive, it is a proven fact that caffeine passes through the placenta in the fetal circulatory system. It is also present in a pregnant woman's bloodstream twice as long as in that of a non-pregnant woman. Women who breast-feed their babies must be careful, because caffeine passes directly into breast milk. To be on the safe side we suggest eliminating caffeine while pregnant or breast-feeding.

Coffee – 115.0mg

Tea – 60.0mg

Coca Cola – 45.6mg

Diet Coca Cola – 45.6mg

Dr Pepper – 39.6mg

Pepsi – 38.4mg

Chocolate cake – 20.00 – 30.00mg

Cocoa (5oz) – 4.0mg