

## **WOMEN'S HEALTHCARE THROUGH THE LIFE SPAN**

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### **OVER-THE-COUNTER MEDICATIONS THAT HAVE BEEN APPROVED TO TAKE DURING PREGNANCY INCLUDE BUT NOT LIMITED TO:**

TYLENOL = PAIN

BENADRYL, ALLEGRA, CLARITIN = FOR SEASONAL ALLERGIES

SUDAFED = NASAL CONGESTION

MAALOX, MYLANTA, PEPCID AC, TAGAMENT HB, TUMS = HEARTBURN

KAOPECTATE , IMMODIUM= FOR DIARRHEA

METAMUCIL, FIBER CON, COLACE, MIRALAX = CONSTIPATION

ROBITUSSIN, ROBITUSSIN DM = BAD COUGH

VITAMIN B 6 & ½ TAB OF UNISOM = NAUSEA AND SLEEP

SLEEPY TIME TEA = INSOMNIA

MONISTAT 7, GYNELOTRIMIN 7 = MILD YEAST INFECTIONS

The generic brand is an OK substitute for the above.

Try to avoid herbal supplements until you have talked with your CNM.

If you have further questions, talk with your pharmacist, pregnancy risk line 328-2229 or your CNM.

### **DRUGS AND ALCOHOL IN PREGNANCY**

**SMOKING** – will more likely cause increased nausea/vomiting, high blood pressure, increased shortness of breath, increased chance of miscarriage in pregnancy and low birth weight babies, fetal death, postpartum hemorrhage and more at risk for SIDS. There are classes available to help stop smoking ask your CNM or call the American Lung Association.

**ALCOHOL & ILLEGAL DRUGS** = are responsible for the increased risk of miscarriage, poor nutrition, nausea/vomiting, increased maternal heart rate, severe confusion, placenta abruption, fetal death and infant neglect and/or death. Do not get involved!!!!