

PREGNANCY & BREASTFEEDING SAFE MEDICATION LIST

Guadalupe Regional Medical Group OBGYN Associates has created a guideline for approved over-the-counter medications that are safe to take during pregnancy and breastfeeding. Medication not listed should not be taken without discussing with clinical staff first. Please contact your OBGYN if your symptoms persist despite utilizing these interventions listed or if you have fever above 100.4F.

All medications recommended; follow dosing guidelines on package.

Symptoms	Medication
<ul style="list-style-type: none"> • Colds • Flu • Allergies • Headache • Fever • Congestion • Aches and pains 	Actifed, Sudafed, Tylenol Products, Robitussin CF, Cepacol, Chloroseptic, Benadryl, Claritin, Saline nasal spray, Mucinex **NO ADVIL OR ASPIRIN** unless instructed otherwise
<ul style="list-style-type: none"> • Constipation 	Dialose Plus, Milk of Magnesia, Dulcolax
<ul style="list-style-type: none"> • Diarrhea 	Kaopectate, Immodium A&D. Gatorade and plenty of water to ensure hydration
<ul style="list-style-type: none"> • Hemorrhoids 	Preparation H, Tucks pads
<ul style="list-style-type: none"> • Indigestion • Heartburn 	Mylanta, Maalox, Roloids, Tums, Pepcid, Zantac. Avoid spicy foods and eat small meals
<ul style="list-style-type: none"> • Nausea • Morning sickness 	Dramamine, Emetrol, Unisom and Vitamin B6 50-100mg per day. Eat small meals. If you're unable to keep down liquids or food, notify your doctor
<ul style="list-style-type: none"> • Rash 	Calamine or Caladryl lotions, Benadryl
<ul style="list-style-type: none"> • Vaginal itching/Yeast 	Monistat 7 day treatment

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SYMPTOMS & INTERVENTIONS

<ul style="list-style-type: none"> • Backaches 	<p>Are normal in pregnancy. Rest and may take warm bath. NO heavy lifting. May use over-the-counter muscle cream. Use maternity support belt if you stand for prolonged periods of time.</p>
<ul style="list-style-type: none"> • Dental Concerns 	<p>Dental care is encouraged. X-Rays need to be performed as necessary with proper shields. If you need clearance, please notify staff for clearance letter.</p>
<ul style="list-style-type: none"> • Dizziness • Fainting • Lightheaded 	<p>Avoid sudden changes in posture. Roll to your left side first and then stand, when getting out of bed.</p>
<ul style="list-style-type: none"> • Groin pain 	<p>Round ligament pain is sharp, sudden pain in the groin is caused by the growing of your uterus to accommodate the growing baby. Avoid sudden movements, turn carefully in bed, get off your feet and rest. Increase your water intake.</p>
<ul style="list-style-type: none"> • Leg cramps 	<p>Non strenuous exercise daily. Increase your dairy intake and make sure to drink plenty of water.</p>
<ul style="list-style-type: none"> • Sexual intercourse 	<p>Continue as long as you are comfortable, UNLESS you have bleeding or your amniotic fluid bag is broken. You may experience some spotting up to a week after intercourse.</p>
<ul style="list-style-type: none"> • Spotting 	<p>Can be normal. Lay down and rest if possible. Avoid intercourse. If heavy bleeding and cramping begins, call the clinic.</p>
<ul style="list-style-type: none"> • Swelling 	<p>Can be normal. Use support hose, elevate your feet, and rest on left side. "Water pills" are NOT recommended during pregnancy. Drink plenty of water and decrease your salt intake.</p>
<ul style="list-style-type: none"> • Uterine stretching 	<p>Usually occurs between 12 & 20 weeks of pregnancy. Avoid sudden movements, heavy lifting, moving quickly, or standing quickly. Rest and increase your water intake.</p>
<ul style="list-style-type: none"> • Vaginal Discharge 	<p>An increase in discharge is normal during pregnancy. If you begin to have itching or foul odor, then call the clinic.</p>
<ul style="list-style-type: none"> • Varicose or spider veins 	<p>Elevate your feet as often as possible and wear support hose/compression stockings.</p>

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HELPFUL INFORMATION

When to go to the hospital

- If you haven't felt baby move for 2 hours or more
- Your water bag breaks or is leaking
- Contractions begin and are every 5 minutes, lasting for 1 minute for more than an hour
- Bright red vaginal bleeding rivers license/insurance card

Delivery Bag Suggestions

- Drivers license/insurance card
- Toiletries
- Comfortable pajamas, slippers, socks, robe
- Comfortable going home outfit
- Pillows/nursing support pillow
- Snacks/money for cafeteria/vending machines
- Cell phones/chargers
- Lip balm
- Nursing bra
- Baby clothes/blankets
- Camera
- Installed car-seat

Traveling while pregnant

Airplane travel is allowed up to 36 weeks gestation but earlier for international travel. Pregnant women are more likely to develop blood clots while sitting still for prolonged periods of time. We recommend support hose, leg exercises and walk on plane when able to. Regardless of your mode of travel during pregnancy, we recommend getting up frequently to move around and stretch your legs to help improve circulation.

Support

If you have any questions or concerns, please call your OBGYN's clinic and ask to speak with the nursing staff. We are happy to answer and questions or concerns that you may have and if needed, make you an appointment to be seen.