

# 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 or physician if you have any questions regarding any medication, especially if there is a combination of drugs in one medication. If you're breastfeeding, the lactation consultants also have information on the safety of various medications. The following are some suggestions for common problems.

Discomfort	Information	Medication in Pregnancy Dose per manufacturer's recommendations.	Medication in Breastfeeding Dose per manufacturer's recommendations.
For headaches, aches & pains	If no relief, report this to your Doctor	acetaminophen (Example: Tylenol)	acetaminophen (Tylenol) ibuprofen (Motrin)
Colds	Drink plenty of fluids. Rest. <b>Use medications with caution if blood pressure or thyroid problems. Consult physician.</b> <b>Avoid combination products.</b> Buy individual agents and use only what medication you need to treat your symptoms.	<b>For nasal congestion:</b> pseudoephedrine (Sudafed) <b>For runny nose:</b> Day time use: chlorpheniramine (Example: Chlotrimeton) Night time use: diphenhydramine (Example: Benadryl)	pseudoephedrine (Sudafed)
Cough	Drink plenty of fluids. Rest. Use a cool steamer. Hard candy for dry throat.	<b>For cough:</b> For more productive cough: guaifenesin (Example: Robitussin) To suppress cough: guaifenesin/dextromethorphan (Example: Robitussin DM)	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 at home and rest. Treat symptoms as they develop. For vomiting and diarrhea you may take clear liquids (ice chips, 7-up, tea, cola, jello, broth). You may add food gradually after 24-48 hours. (Start with bland foods such as soda crackers).	<b>For diarrhea:</b> loperamide (Example: Immodium)	Continue to nurse your baby. loperamide (Immodium)
Constipation	Drink plenty of fluids. Add fiber to your diet (fruit, vegetables, bran, wheat bread).	Metamucil, Natural Bran, Docusate (Example: Colace which is a stool softener), Milk of Magnesia	Same as pregnancy
Heartburn	See Common Discomforts	Antacids (Example: Mylanta, Maalox, Tums, Rolaids), simethicone (Example: Gas-X) ranitidine (Zantac) famotidine (Pepcid)	Same as pregnancy