



## OB-GYN Women's Physicians Assoc., Inc.

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### **MEDICATION THAT CAN BE TAKEN IN PREGNANCY**

Always take medications according to the manufacturer's directions listed on the bottle unless otherwise directed by your physician. If you are taking a prescribed medication please consult with our office prior to discontinuing that medication. We have compiled this list of medications that have not shown to cause birth defects.

Medication you should **never** take during pregnancy included Acutane, Lithium, Tetracycline, Doxycycline, Vibramycin, and Valproic Acid.

### **DO NOT USE ASPIRIN/ASPIRIN PRODUCTS WITHOUT OK FROM OUR OFFICE**

**Pain** - minor aches, pains, headaches or fever (Tylenol, regular or extra strength).

**Pain major** – severe prescribed only (**pres**) (Codeine, Vicodin)

#### **Stomach problems**

Heartburn/upset stomach -Antacids(Mylanta, Maalox, Pepcid AC, Tums, Roloids Zantac)

Sickness/ vomiting -Anti-nausea (Emetrol, **pres.** Reglan, Phenergan, Zofran, Scopolamine patch)

**Cold symptoms** take Vitamin C, Airborne, Zinc and echinacea.

Stuffy sinuses -Decongestants (Chortrimeton, Actifed, Sudafed, Claritan, Entex)

Cough - Lozenges/syrups (Screts, Cepacol, Herbal cough drops, Robitussin, Vicks)

Sore throat – (Chloraseptic throat spray).

Stuffy nose – Nasal congestion (Saline, Afrin, Neosynephrine, pres Beclovent, Flonase, Nasonex, Ventolin). Steam helps to clear the stuffiness.

#### **Bowel problems**

**Constipation** – Stool softeners and Laxatives. (Metamucil, Fibercon, Senakot, Pericolace, Colace, Ducolax)  
Drink lots of water and juices fresh fruits and vegetables.

**Hard bowel movements** -Stool softeners (Colace, Citracell, Fibercon, Metamucil)

**Loose bowels/ upset stomach** –Drink lots of water; eat bland – white diet- rice, bananas, less vegetables and fruits. (Kaopectate, Pepto-Bismol, Immodium AD)

**Allergies** – Itching, rash or reaction to pollens dust and mites – Antihistamines (Benadryl, cream for skin or tablet for systemic Claritin, Chlor-Trimeton, Dimetapp, **pres.** Allegra, Tavist, Zyrtec)..

**Vaginal** infection - Yeast (Monistat, Gyne-Lotrimin, Femstat, Terazol)

**Infections** –Antibiotics- **pres.** (Keflex, Macrochantin, Macrobid, Amoxicillin, Ampicillin, Penicillin)

High blood pressure – **pres.** (Antihypertensive (Nifedipine, Aldomet, Propanolol)

Low Thyroid – **pres.** (Synthroid, Thyroxine)

To stop labor –**pres.** Tocolytics (Terbutaline)

**pres.** references medications by prescription only

**ALCOHOL.** There is no known safe amount of alcohol use during pregnancy. Drinking occasional wine is allowed but should be limited to \_ a glass.

There is no contraindication to using Nutrasweet during pregnancy; we recommend use in moderation.

**Caffeine should be avoided.**

**SMOKING & USING RECREATIONAL DRUGS** are dangerous to the pregnancy. They can cause growth retardation of the fetus, premature maturation of the placenta, which can cause fetal distress during labor, and abnormal separation of the placenta, which can cause fetal death or maternal hemorrhaging during labor.

Other medications may be safe or have a minimal risk but should be discussed with your health care provider prior to taking the medication. Most fall into the “unknown category”. This means that there is no documentation of its safety during pregnancy.

### **SPOTTING**

Light spotting is not uncommon during the early part of the pregnancy. Generally we suggest that you do not have sexual intercourse and avoid strenuous activity. We perform a vaginal ultrasound at 10 weeks of pregnancy and we can assess if the fetus is alive and well. If there is heavy bleeding you should notify the office, begin bed rest, no intercourse and we will schedule you for an ultrasound as soon as possible.

### **DIET**

Drinking 8-10 glasses of water/day and eating fruits and vegetables is recommended. We expect that you will gain 20-30 lbs. in your pregnancy. 3-4 lbs. per month. This allows an additional 200-300 calories/day to your normal diet. Do not eat raw meat, unpasteurized milk or cheese, raw eggs. We recommend you have a calcium intake of 1500 mg./day. Prenatal vitamins provide the recommended 1 mg/day of Folate.

### **EXERCISE**

We encourage you to continue your normal exercise routine.

**Do not commence a strenuous program once you are pregnant.** It is recommended that you maintain your pulse (heart beats/minute) at less than 140 beats per minute while exercising. Be careful not to injure yourself during the later part of pregnancy when your balance changes and your ligaments loosen. Do not exercise if you have bleeding, cramping, abnormal pain or other high risk factors relating to the pregnancy.

### **HOT TUBS AND SAUNAS**

Studies have shown that there is a small increased incidence of miscarriage if a sauna is used during the first three months of pregnancy. We recommend against using the sauna during the entire pregnancy and not using a hot tub during the first three months of pregnancy. After the first three months of pregnancy, limit the hot tub to 100 degrees temperature. The risk to the fetus appears to be from raising the mother's core body temperature. Warm baths and showers are safe throughout pregnancy.

### **ULTRASOUND**

At approximately 10 weeks of pregnancy we offer an ultrasound examination. This is to confirm the viability of the pregnancy as well accurately dating the pregnancy.

At 21 weeks of pregnancy we offer a repeat ultrasound and assess the development and sometimes the sex of the fetus.

Insurance companies do **not** reimburse for ultrasound that is done just for curiosity.

At present this is one of the only offices in the Bay area offering a **3D/ 4D ultrasound.**

**3D/4D** Ultrasound represents the difference between still photograph and a video. Through this revolutionary technology, your baby's three-dimensional image is continuously updated, providing a "live action" view that leads to a number of medical benefits. Physicians and sonographers can better analyze fetal development. So you'll know what to expect and can feel confident during your pregnancy. Please call for costs on this procedure. **(This would not be covered by your insurance).**