



VOYAGE HEALTHCARE MEDICATIONS AND PREGNANCY GUIDE

Few medications have been approved to be used during pregnancy. However, the medications listed below have not been shown to increase the risk of birth defects or adverse pregnancy outcomes when taken as directed. Before you take any medication during pregnancy, it's important to weigh the severity of your symptoms against the possible risks to your baby. For more information visit: <http://www.mothersbaby.org> or talk to your provider.

NAUSEA			
Non-medication treatments: eat small amounts of food every 1-2 hours, peppermint tea or candies, ginger containing foods or supplements			
Generic name	Example brand name	Typical dose	Notes
Dimenhydrinate	Dramamine	50-100 mg every 4-6 hours	Motion sickness max 400 mg per day
Doxylamine	Unisom, Aldex	12.5 mg (1/2 tablet) every 6-8 hours	Use with Pyridoxine
Pyridoxine (Vit. B6)	N/A	25 mg every 6-8 hours	May be used alone or with doxylamine

PAIN			
Non-medication therapies for back pain: exercise, maternity support belt, acupuncture, water therapy Non-medication therapies for night time leg cramps: warm shower or bath, stretching, ice massage, increase hydration, Magnesium supplement (see below)			
Generic name	Example brand name	Typical dose	Notes
Acetaminophen	Tylenol	500-1000 mg every 6 hours	DO NOT EXCEED 4000 mg in 24 hours
Magnesium L-Lactate	Mag-Tab SR	1 tab in the morning, 2 tabs at bedtime	For treatment of nighttime leg cramps
AVOID	Naproxen, Ibuprofen, Aspirin		

VITAMINS AND SUPPLEMENTS

Prenatal Vitamins: Though most well-nourished women meet nutrient needs by diet alone, it is recommended that all women intending to become pregnant or who are pregnant take a prenatal vitamin. At a minimum, iron, folate and calcium should be supplemented (see below for dosing).

Herbal medicines: The strength and purity of herbal medicines is unregulated. Herbal preparations can interact with commonly prescribed medications and lead to dangerous side effects. We recommend avoiding herbal supplements (with the exception of ginger for nausea).

Fish oil and DHA: We suggest women try to achieve fish consumption resulting in at least 200 mg/day DHA. For women who do not consume adequate amounts of fish, supplements containing either fish oil or DHA synthesized by algae are available and have generally been found to be low in mercury and other contaminants. For information on DHA in common seafood visit: http://seafoodhealthfacts.org/seafood_nutrition/patients/omega_3_levels.php.

Recommended daily dietary allowances for adult (>18 years old) pregnant and lactating women		
	Pregnant Women	Lactating Women
Vitamin A*	770 pg	1300 pg
Vitamin D	600 IU/day (15 pg)	600 IU/day (15 pg)
Vitamin E	15 mg	19 mg
Vitamin K	90 pg	90 pg
Vitamin C	85 mg	120 mg
Thiamin	1.4 mg	1.4 mg
Riboflavin	1.4 mg	1.4 mg
Niacin	18 mg	17 mg
Vitamin B6	1.9 mg	2 mg
Folate	600 pg (400-800 pg)	500 pg
Vitamin B12	2.6 pg	2.8 pg
Calcium	1000 mg (1300 mg for 14-18 year old)	1000 mg (1300 mg for 14-18 year old)
Phosphorus	700 mg	700 mg
Iron	27 mg	9 mg
Zinc	11 mg	12 mg
Iodine	220 pg	290 pg
Selenium	60 pg	70 pg

Bold=At a minimum, a vitamin should include these key nutrients often not met by diet alone

*Excess Vitamin A is potentially harmful (>10,000 IU/day): avoid vitamins with >5000 IU or 1500 mcg vitamin A

ALLERGIES			
Non-medication therapies: saline nasal spray, saline nasal rinse (neti pot), nasal strips at night, elevate head-of-bed at night and try to avoid triggers			
Generic name	Example brand name	Typical dose	Notes
Cetirizine	Zyrtec	5-10 mg once daily	
Loratadine	Alavert, Claritin	10 mg once daily	
Diphenhydramine	Benadryl	25-50 mg every 4-6 hours	Max 300 mg per day

CONSTIPATION			
Non-medication therapies: water, exercise, fiber rich foods, other foods such as apples, pears, peaches, cherries, raisins			
Generic name	Example brand name	Typical dose	Notes
Bisacodyl	Dulcolax	5-10 mg daily	Do not use for more than 1 week
Docusate sodium	Colace	100 mg twice daily	
Methylcellulose	Citrucel	See package instructions	
Polyethylene Glycol	Miralax	1 heaping tablespoon in 8 oz. fluid daily	Do not use for more than 1 week
Psyllium	Metamucil	See package instructions	
Senna	Senokot	See package instructions	Avoid long-term use
AVOID	Castor Oil		

COUGH, COLD, SINUS CONGESTION

Non-medication treatments: warm, humidified air, saline nasal spray, saline sinus rinse (neti pot), tea with honey

Generic name	Example brand names	Typical dose	Notes
Dextromethorphan	Robitussin Max Strength, Delsym	10-20 mg every 4 hours	Max 120 mg per day
Guaifenesin	Mucinex, Robitussin Chest Congestion	200-400 mg every 4 hours	Max 2400 mg per day
Pseudoephedrine	Sudafed	Varies, See package instructions	2nd & 3rd trimesters only, avoid if you have high blood pressure
AVOID	Phenylephrine; Pseudoephedrine in the 1st trimester		

DIARRHEA

Non-medication treatments: clear liquids (water, broth, juice, sports drinks), low-fiber foods, avoid dairy, high-fat, high-fiber, spicy foods

Generic name	Example brand names	Typical dose	Notes
Loperamide	Imodium	4 mg, then 2 mg with each loose stool	Max 16 mg per day
AVOID	Bismuth Subsalicylate		

FEVER

Non-medication therapies: rest, hydration

Generic name	Example brand names	Typical dose	Notes
Acetaminophen	Tylenol	500 - 1000 mg every 6 hours	DO NOT EXCEED 4000 mg in 24 hours
AVOID	Naproxen, Ibuprofen, Aspirin		

GAS PAIN

Non-medication therapies: exercise, eating slowly

Generic name	Example brand names	Typical dose	Notes
Simethicone	Gas-X, Phazyme	40-80 mg every 6 hours	

HEADACHE

Non-medication treatments: daily exercise, hydration, massage, warm or cool compress, rest, maintaining a regular meal and sleep pattern & avoid triggers

Generic name	Example brand names	Typical dose	Notes
Acetaminophen	Tylenol	500 - 1000 mg every 6 hours	DO NOT EXCEED 4000 mg in 24 hours
AVOID	Naproxen, Ibuprofen, Aspirin		

HEARTBURN

Non-medication therapies: elevate head-of-bed at night, avoid trigger foods

Generic name	Example brand names	Typical dose	Notes
Calcium Carbonate	Tums, Maalox	1-4 tablets as needed	Max 8000 mg per day
H2 Blocker (Ranitidine, Cimetidine, Famotidine)	Zantac, Tagamet, Pepcid (respectively)	Follow package instructions	
Proton-pump inhibitor (Omeprazole, Lansoprazole)	Prilosec, Prevacid (respectively)	Follow package instructions	
AVOID	Antacids containing sodium bicarbonate and magnesium trisilicate		

HEMORRHOIDS

Non-medication treatments: sitz baths (warm water 2-3 times daily), avoid/treat constipation, avoid prolonged sitting

Generic name	Example brand names	Typical dose	Notes
Hydrocortisone	Preparation H	Apply 3-4 times daily	
Witch Hazel	Tucks	See package instructions	

INSOMNIA

Non-medication treatments: keep a regular sleep schedule, cut down on the amount of liquids in the hours before sleep, avoid caffeine after noon, exercise at least 20 minutes daily, place pillows between knees, under abdomen and behind the back, avoid naps late in the day

Generic name	Example brand names	Typical dose	Notes
Diphenhydramine	Benadryl, ZzzQuil, Sominex	50 mg at bedtime	
Doxylamine	Unisom Sleep Aid, Aldex	25 mg at bedtime	