

MEDICATIONS AND DRUGS

As any medication you take may be passed to your baby, do not take medications without your midwife's permission. This includes tranquilizers, sleeping pills, barbiturates, antihypertensive agents, antidepressants, antibiotics, amphetamines, cocaine, narcotics or marijuana. If you are on any of these substances, tell your midwife. There are a few medications that we believe are safe for use during pregnancy after the first trimester. (12 weeks). A list of these medications is found below.

Pain Relief:

- Tylenol(acetaminophen)

Upset Stomach or heartburn:

- Liquid antacids such as Maalox or Mylanta, used in moderation
- Tablets such as Rolaids or Tums (Calcium formula), unless you have a history of kidney stones.

Constipation:

- Milk of Magnesia or Haley's MO
- Fiber laxatives such as Metamucil, Citrucel, or Fibercon

Nausea:

- Ginger tea or capsules

For a Cold:

- Benadryl/ Afrin Spray
- Plan Robitussin DM for a cough
- Chloraseptic spray or lozenges

NEVER take Ibuprofen or aspirin without consulting your midwife.

If you have any questions about a particular medication or have medications prescribed by another provider please discuss this with your midwife during your appointment at DFD or call Central Maine OB-GYN at 795-5770