



Quick Reference to Common Medications

(Motherisk helpline 1-877-439-2744)

<p>Allergy and Cold medications: Antihistamines that are safe but can cause drowsiness include chlorpheniramine (ChlorTripolon) and diphenhydramine (Benadryl).</p>	<p>Nasal congestion: saline solution nasal sprays (Salinex), or xylometazoline (Otrivin) can be used for a few days. Oral decongestants with pseudoephedrine (Sudafed) are also effective.</p>
<p>Cough medications: try a suppressant such as Dextromethorphan syrup (Balminil-DM, Benylin-DM) or an expectorant such as guaifenesin (Robitussin plain) to reduce phlegm.</p>	<p>Heartburn medications: try calcium carbonate (Tums or Rolaids), aluminum hydroxide & magnesium hydroxide (Maalox) and alginic compound (Gaviscon)</p>
<p>Constipation remedies include high fibre diet (bran cereal) or bulk-forming agents such as psyllium in (Metamucil). Stool softeners are also safe: docusate calcium (Surfak) or docusate sodium (Colace)</p>	<p>Pain from backache, headache, sore throat can be relieved using acetaminophen (Tylenol) Fever above 38° should be evaluated by your midwife</p>
<p>Hemorrhoids can be relieved by sitz baths with lukewarm water, hamamelis and glycerine compresses (Tucks) or a zinc ointment (Anusol) Also try to prevent constipation and avoid standing for long periods of time</p>	<p>Prevention of insect bites: wear long, loose, light coloured clothing and spray repellent (with less than 30% DEET) on clothes and exposed skin sparingly. Do not use products with both DEET and sunscreen.</p>
<p>Sunscreens with SPF 15 or greater can be used safely and are minimally absorbed through the skin.</p>	<p>Hair colours and perms are safe for occasional use in well ventilated areas</p>
<p>Vaginal creams and ovules (Canesten, Micatin) are safe for treatment of yeast infections</p>	<p>Household cleaners are generally safe for use as directed in well ventilated areas and with safe guards in place (gloves). Do not use industrial strength cleaners or if you feel sick while cleaning</p>
<p>Latex (water soluble) paint is safe for use in well ventilated areas. Do not use oil based paint and stop painting if you feel sick.</p>	<p>Pesticides should be avoided if possible. Stay out of the home after spraying for 2-3 times longer than recommended by the manufacturer and ventilate well after spraying.</p>
<p>Artificial sweetening agents such as aspartame (NutraSweet) saccharin (Sweet N Low) sodium cyclamate (Sugar Twin) sucralose (Splenda) are safe in moderate amounts</p>	<p>Video display terminals or computer terminals do not emit harmful radiation X-rays generally emit very small amounts of radiation. Make sure your practitioner and technician know you are pregnant and wear a lead apron over your belly</p>

Source: Motherisk Guide to the Safety of Products and Medications When Pregnant and Pregnancy Pocket Guide To the Safety of Medication and Products during Pregnancy developed by Sainte-Justine Mother and Child University Hospital Centre.