

Medication List (over the counter) for Pregnancy

Now that you are pregnant, you may be wondering about what medications are safe to use. If you become ill and require medication, you must take something that is safe to use during pregnancy. The following is a list of medications that we feel are safe for you to use during pregnancy. If you are currently on any medications or would like to take a medication not on this list, check with an OB Provider to make sure it is safe. **The flu shot is safe and recommended during pregnancy.** Check with a provider before receiving any other vaccinations.

Medication	Dose	Uses
Tylenol	1-2 tablets every 3-4 hours	Headache, fever, pain
Actifed	1-2 tablets every 4-6 hours	Stuffy, runny nose, sinus
Sudafed	1-2 tablets every 4-6 hours	Stuffy nose, sinus
Mucinex	As directed	Congestion
Robitussin	1-2 teaspoon every 4-6 hours	Cough
Cepacol lozenges	As directed	Sore throat
Mylanta	2-4 tsp between meals & bedtime	Heartburn, indigestion
Maalox	2-4 tsp between meals & bedtime	Heartburn, indigestion
Rolaids	As directed	Heartburn, indigestion
Tums	As directed	Heartburn, indigestion
Zantac	150mg at bedtime	Heartburn, indigestion
Milk of Magnesia	1-2 teaspoon at bedtime	constipation
Metamucil	2 tbsp in 8oz fluid twice daily	Constipation
Unisom	½ tab every night	nausea
Vitamin B6	25mg 3x/day	nausea
Emetrol	1-2tbsp every 15mins, max of 5 doses	Nausea, vomiting
Benadryl	As directed	Allergies
Clotrimazole (Mycelex 7)	As directed	Vaginal yeast infection

Umbilical Cord Blood Donation

What is umbilical cord blood donation? What will the umbilical cord blood be used for?

After the delivery of the baby, the excess umbilical cord blood is collected from the discarded umbilical cord and placenta. It is then donated to a state wide public cord blood bank. It is stored at the Puget Sound Blood Center until it is needed. The umbilical cord blood can be used in place of bone marrow for life saving transplants in patients with cancers such as leukemia.

How much will it cost? Who can donate?

Since the umbilical cord blood is donated to a public cord blood bank and not privately stored, there is no cost. Healthy moms over age 18 having a normal pregnancy are eligible to donate.

If my child later develops leukemia, would the donated cord blood be available for transplant? Would it be available for other members of our family?

No. Umbilical cord blood contains the same kinds of cells as those found in bone marrow. Leukemias are cancers of the bone marrow cells. Transplanting the same cells back would allow the cancer to start again.

The best source of cells is normal cells from someone else. Donated cord is not stored for use of family members as this is a public bank.

When do I have to decide? How do I arrange to donate? The decision should be made by your 6th month. Your provider can give you more information. If you would like to donate call **Hawaii Cord Blood Bank at 983-BANK** and they will guide you through the process.