

Medications You May Need After Having Your Baby

Yarmouth Regional Hospital

What you should know about the medications listed in this handout

All of these medications are available in your room. They will be placed in a locked cupboard and you will be given the key. The key **must** be returned before you go home.

- Take these medications either as you need them, or as directed by your nurse or doctor.
- All of these medications can be taken safely for a short time while you are breastfeeding. If you feel you need them for a longer period of time, talk to your family doctor or health care provider.
- If you need any of these medications when you go home, you can buy them without a prescription from your pharmacy.
- For safety reasons, you should keep all medications in the containers they came in.
- All of these medications should be stored at room temperature (15-30 °C) and away from damp areas like the bathroom.
- **Be sure to store all medications in a safe place away from children and pets.**



Medications for pain

Ibuprofen (Advil®, Motrin®)	
Why is this medication prescribed?	<ul style="list-style-type: none"> • It helps with mild to medium pain, including pain after C-section, as well as inflammation, fever, swelling, and cramps.
Starts working	<ul style="list-style-type: none"> • Within 30 minutes.
Side effects	<ul style="list-style-type: none"> › indigestion › nausea (feeling sick to your stomach) › vomiting (throwing up) › heartburn › gas
Special instructions	<ul style="list-style-type: none"> • To help lower side effects, take with food or milk.
Special precautions	<ul style="list-style-type: none"> • Do not take if you are allergic to ASA (Aspirin®). • Tell your doctor if you: <ul style="list-style-type: none"> › have had ulcers, pain, or bleeding from your stomach or rectum (bum) › are taking anticoagulants (blood thinners) › have asthma

Acetaminophen (Tylenol®)	
Why is this medication prescribed?	<ul style="list-style-type: none"> • It helps with mild pain and lowers fever.
Starts working	<ul style="list-style-type: none"> • Within 60 minutes.
Side effects	<ul style="list-style-type: none"> • Generally well tolerated and free of side effects.

Medication for acid indigestion and heartburn – antacid suspension

Why is this medication prescribed?	<ul style="list-style-type: none"> • It helps with symptoms of acid indigestion and heartburn.
Starts working	<ul style="list-style-type: none"> • Within minutes.
Special precautions	<ul style="list-style-type: none"> • You should not take more than 16 teaspoons in a 24-hour period. • This medication can react with some other medications, such as tetracycline and thyroid medications.

Medication for iron supplementation – ferrous fumarate (iron)

Why is this medication prescribed?	<ul style="list-style-type: none"> • It gives your body the iron it needs to make healthy red blood cells. It is used to treat or prevent iron deficiency (anemia). You may have too few red blood cells because of the stress of pregnancy and childbirth, or other medical conditions.
Starts working	<ul style="list-style-type: none"> • Within a few days, but you may have to take it for several months depending on how much iron your body needs.
Side effects	<ul style="list-style-type: none"> • Not common, but you may have: <ul style="list-style-type: none"> › nausea › heartburn › constipation (not able to have a bowel movement or poop) › dark stools (poop)
Special instructions	<ul style="list-style-type: none"> • Try to take it on an empty stomach (one hour before or two hours after meals). • If you have stomach upset, take it with food. • Try not to take it within one hour of eating dairy products, as dairy may lower the amount of iron your body takes in. • Drink orange juice to help the iron absorb into your body.

Medication for hemorrhoids – hemorrhoidal ointment

Why is this medication prescribed?	<ul style="list-style-type: none"> • It helps with pain and discomfort due to hemorrhoids.
Starts working	<ul style="list-style-type: none"> • Within minutes.
Special precautions	<ul style="list-style-type: none"> • If you have rectal bleeding (blood from your bum), tell your nurse or doctor right away.