

Table 5-2

Medication Recommendations for Constipation and Hemorrhoids in Pregnancy and Breastfeeding

	FDA Pregnancy Category*	Pregnancy Comment	Breastfeeding Comment
Constipation			
Magnesium citrate	B	Low risk in short term, avoid long-term use due to electrolyte abnormalities	Compatible
Sodium phosphate	C	Avoid long-term use due to electrolyte abnormalities	Unknown
PEG	C	Compatible	Low risk
Senna	C	Low risk in short term	Compatible
Docusate	C	Low risk	Compatible
Bisacodyl	B	Low risk in short term, can have cramping	Unknown
Lactulose	B	Low risk in short term, can have cramping and bloating	Probably compatible
Castor oil	X	Avoid, uterine contraction and rupture	Possibly unsafe
Mineral oil	C	Avoid, can impair maternal fat-soluble vitamin absorption, neonatal coagulopathy and hemorrhage	Possibly unsafe
Psyllium	Not classified	Low risk	Compatible

(continued)