

Table 6.1 Prevention medication recommendations during pregnancy

Drug	FDA Class	Dose	Comments
Magnesium oxide	Not rated	200–300 mg BID or 400 mg once daily	May cause diarrhea or stomach upset.
Propranolol [Inderal]	C	40–240 mg daily. Available as short-acting or extended-release preparations.	Taper after week 36. Monitor baby for bradycardia, hypoglycemia, and respiratory distress. Extensive clinical experience during pregnancy. Avoid in women with low blood pressure, bradycardia, or asthma
Gabapentin [Neurontin]	C	100–600 mg TID	Use only during conception and early pregnancy. Discontinue in third trimester.

BID = two times daily, TID = three times daily