

SAFE MEDICATIONS DURING PREGNANCY

The following list of medications is suggested when necessary for use during pregnancy. Medications should be used cautiously during the first trimester (first 12 weeks) of pregnancy. If a medication you wish to use does not appear on this list, please check with the office BEFORE using. The FDA considers generic medication safe.

ALLERGIES:

- Benadryl
- Chlor-Trimeton
- Claritin
- Zyrtec
- Flonase

ASTHMA:

- All asthma medications are ok!

COLD/SINUS

- Mucinex
- Saline Nasal Sprays
- Sudafed

CONSTIPATION:

- Increase fiber & water intake
- Metamucil / Citrucel
- Colace
- Dulcolax suppository
- MiraLAX (daily)

COUGH:

- Robitussin plain or DM
- Cough drops

DIARRHEA:

- Imodium AD
- Drink clear liquids and avoid milk products

FEVER/ACHES/HEADACHE

- Tylenol regular or extra strength. Follow directions on bottle

GAS:

- Mylanta
- Simethicone (Gas-X)
- Phazyme

HEARTBURN/INDIGESTION:

- Avoid greasy, spicy, fried foods
- TUMS
- Prilosec
- Zantac
- Pepcid 40 can do twice a day
- Gaviscon
- Tagamet

HEMORRHOIDS:

- Preparation HC
- Anuson Tucks Pads

LEG CRAMPS:

- OsCal
- Caltrate

NAUSEA AND/OR VOMITING

- Eat frequent smaller meals, Stay hydrated and avoid an empty stomach.
- Vitamin B6 50mg in the AM & again in the PM. Take a Unisom sleep tablet with PM dose.
- Phenergan or Zofran (RX only)
- Nausea capsule (Rx only)

YEAST INFECTION:

- Monistat 7 OTC
- If persists, call our office for appt.

DO NOT USE:

- Advil
- Motrin
- Ibuprofen
- Aleve
- Naproxen
- Pepto
- Alka Seltzer