

Medications Safe in Pregnancy

Avoid medications during the first 12 weeks of pregnancy if possible.

Headaches or Pain Relievers

Tylenol 500mg, Aspirin Free Excedrine, Anacin 3, Panadol

Indigestion / GI Reflux / Heartburn:

Maalox, Mylanta, Tums, Rolaids, Zantac, Tagamet, Pepcid

Cold and Cough

Sudafed (no more than 48hours), Robitussin Chest Congestion (NOT Cough Control), Benadryl, Tylenol Sinus, Mucinex, Chlor-trimeton, Vicks Cough syrup, Vicks Cough drops, Vicks VapoRub, Robitussin DM (plain robutissin), Benylin, titralac plus (ok for diabetics), saline nasal spray

** Sudafed will keep you awake, Benadryl will make you tired **

Allergies: Claritin, Zyrtec, benadryl

Diarrhea: Drink plenty of liquids, Kaopectate, Imodium

Fever: tylenol

Sleep: Benadryl, Nytol, Sominex, Unisom, Tylenol PM

Constipation

Colace, Metamucil, senokot, Citrucel, milk of magnesia (30cc), Fibercon
Increase your water intake

Gas: Gas-X, mylicon, phazyme

Nausea and Vomiting: Eat small, more frequent bland meals, ginger, Unisom (doxylamine 10-25mg every 6hours), B-vitamins (vitamin B-6 10-25mg every 6 hours).

Sore Throat: Tylenol, salt water gargles, halls losenges

Yeast Infection: Monistat, Femstat, lotrimin

Hemorrhoids: Preparation H, Anusol (rx), Tucks

Skin Irritation

Benadryl (by mouth or cream), cortisone cream – 1%, polysporin, lanacort

AVOID: Motrin, Advil, Aleve, and aspirin unless directed by your physician

NOTE: Always follow the directions on the package unless told something different by your physician. Call the office if you have any questions or concerns