

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 our office BEFORE using. The following medications do not require a prescription and should be used as directed unless otherwise noted by your physician. Beware of "natural" products, as not all have been tested for safe use during pregnancy.

If you have a question about the safety of a medication, please call the office.

ALLERGIES

Benadryl, Chlor-Trimeton, Claritin,
Alavert, Zyrtec

COLD/COUGH/SINUS/NASAL CONGESTION

Mucinex
Saline Nasal Spray (Ocean)
Robitussin plain or Robitussin DM
Robitussin Cough, Cold & Flu
Cough Drops (avoid licorice flavor)

CONSTIPATION

Increase Fiber and Water
Colace, Metamucil, Citrucel, Effer-syllium
Fiber One Cereal

DIARRHEA

Drink clear liquids, avoid milk products x 24 hours.
Immodium AD
(If diarrhea lasts more than 2 days notify the office)

FEVER/ACHES/PAIN

Tylenol (regular or extra strength)

GAS

Mylanta – all available forms
Simethicone

HEARTBURN/INDIGESTION

Avoid greasy, spicy and fried foods
Mylanta – all available forms, Maalox,
Tums, Pepcid AC, Pepcid Complete, Tagamet HB200,
Zantac 75, Gaviscon
(liquid forms work best)

HEMORRHOIDS

Increase fiber and water.
Preparation H, Anusol HC, Tucks

LEG/MUSCLE CRAMPS

Os-Cal or Caltrate

NAUSEA AND/OR VOMITING

Eat small frequent meals. Carbohydrates usually help.
Stay hydrated with small sips of liquid. Avoid having
empty stomach.
Vitamin B6 50mg am and pm
Ginger tablet 250mg every 6 hours
Unisom sleep tablet ½ tablet and
Vitamin B6 25mg three times daily.

YEAST INFECTION

Monistat 7 (do not use single dose treatment)
Gyne-Lotrimin

DO NOT USE DURING PREGNANCY:

Advil/Motrin/Ibuprofen Aleve/Naproxen
Pepto Bismol/Alka Seltzer