



ALLOWED MEDICATIONS DURING PREGNANCY

Pregnancy is a time when women are very careful about what medications and food they take. It is wise to be careful about what you take but there are some over the counter medications that are relatively safe to take during your pregnancy. Following is a list of medications that are safe to take during your pregnancy. **If you ever have a question about a medication that is not on this list, please call the office and we will let you know if it is safe for you to take.**

ACNE	Any mild cleanser that does NOT contain salicylic acid or benzoyl peroxide
COLD/ALLERGY/CONGESTION	Ornex, Sudafed, Actifed, Claritin/Loratadine, Benadryl, Vick's Vapor Rub, Plain Mucinex, Flonase, Ocean Spray Nasal Spray, Humist Nasal Spray. A cool mist Humidifier is also effective.
CONSTIPATION	Colace, Docusate Sodium, Perdiem, Metamucil, Senokot, milk of magnesia, Fleets enema. Before taking any medication try the following: Powder bran, bran cereals, prunes, prune juice. Increase roughage (fruits and all leafy vegetables). Increase physical activity such as walking. If no change, then try medicines. It may take up to one week before you have results from the stool softeners. If constipation is not relieved with stool softeners or any of these medications, contact the office.
COUGH	Plain Robitussin, cough lozenges
DIARRHEA	Clear liquids until diarrhea stops. This is things like Sprite, ginger ale, propel, Gatorade, Kool-Aid, tea, broth, Jello, popsicles, or any other liquid that you can see through. Medications you may take are parapectolin or Imodium. Call our office if you have no improvement in 24 hours.
FEVER	Tylenol or acetaminophen, regular or extra strength. Please take your temperature with a thermometer and call our office with a fever above 100.4 degrees.
GAS	Plain GasX, simethicone



HEADACHE	Tylenol or acetaminophen, regular or extra strength. Take as directed on bottle, not to exceed 8 tablets in 24 hours. <u>Do NOT</u> use ibuprofen, Aleve, Advil, Motrin or Goody's powders.
HEARTBURN	Digel, Maalox, Mylanta, Gelusel, Riopan, Tums or Pepcid AC. <u>Do NOT</u> use Rolaids or Alka Seltzer. Other tips for relief of heartburn symptoms are to elevate the head on your bed with pillows. Do not lie flat. Do not eat 2 hours before you are going to bed. Do not eat foods with acid (oranges, grapefruit, tomatoes), peppermint or foods and drinks with caffeine (sodas, tea, coffee, chocolate).
HEMORRHOIDS	Warm sits bath (soaking in a tub of warm water). Tucks pads can be used instead of toilet paper, and Anusol suppositories. If the hemorrhoids persist please call the office.
LAXATIVE	Senokot, Metamucil, milk of magnesia, Fleets enema.
MOTION SICKNESS	Dramamine
MOUTH SORES/ULCERS	Oragel
MUSCLE ACHES	Bengay, Icy Hot that does not contain Methyl Salicylate. Use products with Menthol ONLY. <u>Do NOT</u> use on your stomach.
NAUSEA	Emetrol, B6 products such as B-Natal and Preggie Pops.
PAIN	Tylenol or acetaminophen, regular or extra strength. Take as directed on bottle, not to exceed 8 tablets in 24 hours. <u>Do NOT</u> use ibuprofen, Aleve, Advil, Motrin or Goody's powders.
RASHES/BUG BITES	Cortaid, Lanacort or any ½% hydrocortisone cream, Benadryl cream or tablets, Calamine lotion
SLEEP	Benadryl, Unisom
SORE THROAT	Sucrets, Cepacol spray or lozenges, Chloraseptic spray or lozenges, warm salt water gargle
STOOL SOFTENERS	Colace, Docusate Sodium
YEAST INFECTION	Monistat, Gyne-Lotrimin, miconazole