

MEDICATIONS ALLOWED DURING PREGNANCY

PAIN RELIEVERS/HEADACHE

Tylenol (Acetaminophen)
Tylenol PM
Extra Strength Tylenol
Codeine, Lortab, Percocet: by prescription only

Do Not Use:

Aspirin Motrin
Aleve Advil

COLD/FLU

Sudafed Cold (if no blood pressure problems)
Robitussin DM- Alcohol free
Tylenol Cold & Sinus
Actifed
Throat sprays
Cough drops
Chlor-Trimeton

DECONGESTANTS

Sudafed (if no blood pressure problems)
Robitussin CF
Tavist D
Ocean Mist nasal spray (saline solution)

ANTI-HISTAMINES

Zyrtec Claritin
Benadryl Dimetapp

INSOMNIA (unable to sleep)

Benadryl
Unisom

NAUSEA

Small frequent meals
Ginger Ale or Ginger Tea
Vitamin B6 (50-100mg twice a day)
Sea Bands
Unisom (twice a day- works best when used with Vitamin B6)

DIARRHEA

Imodium (2 doses - if it persists notify the office)
Follow the BRAT diet (bananas, rice, applesauce, toast)

CONSTIPATION

Colace Metamucil
FiberCon Milk of Magnesia
Citrucel Surfak
Fiberall

HEMMORHOIDS/TOPICALS

Preparation H (cream or suppository)
Tucks
Anusol
Hydrocortisone

HEARTBURN, INDIGESTION, GAS

Tums Roloids
Gas-X Mylanta
Tagamet Zantac
Riopan Gaviscon

Do Not Use:

Pepto-Bismol (contains aspirin)

YEAST INFECTIONS

Monistat

TOOTHACHE

Orajel
May see dentist and have cavity filling with Novacaine, have dental x-ray with lead shield

SWEETNERS

Nutrisweet

DO NOT USE:

Sweet and Low

FIRST AID PREPARATIONS

Polysporin
Cortaid
Lanacort

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