

# PREGNANCY SAFE MEDICATION LIST

We recommend that you start pre-natal vitamins, Omega 3 Fatty Acids (Fish or flaxseed Oil), and calcium 1200mg daily.

The following is a guideline of medications safe to use in pregnancy.

Please call the office if your symptoms persist or if your temperature exceeds 100.4

DO NOT take aspirin, ibuprofen, Motrin, Advil or Aleve – unless directed to do so specifically by one of the providers.

## **COLD/ALLERGY SYMPTOMS**

Actifed, Sudafed, Tylenol Sinus, Tylenol Multi-symptom Cold (day and night liquids), Tavist, Claritin(D), Loratidine, Diphenhydramine (Benadryl), Chlor-trimeton

## **COUGH, SINUS SYMPTOMS**

Zyrtec(D), Guaifenesin (Robitussin DM or CF, Humibid LA, Mucinex, Dextromethorphan (Benylin DM, Delsym, Vicks 44), Tessalon, Tessalon Perles, Neti Pot (must use distilled water only), Cepacol, Chloraseptic lozenges, Benadryl, Chlor-trimeton; Vicks

## **HEADACHES OR PAIN**

Regular or Extra Strength Tylenol (acetaminophen)

## **INDIGESTION and/or GAS**

Mylanta, Maalox, Riopan Plus, Tums, Roloids, Tagamet, Prevacid, Pepcid, Nexium, Prilosec, Simethicone, Carafate

## **CONSTIPATION**

Bisacodyl (Correctol, Dulcolax, Feen-a-mint), Dialose plus, Milk of Magnesia, Ducosate Calcium, Colace, Surfak, Senokot, Metamucil, Psyllium, Fibercon, Benefiber

## **DIARRHEA**

Kaopectate, Immodium

## **HEMORRHOIDS**

Anusol HC suppositories, Preparation H

## **NAUSEA**

Unisom, Vitamin B6, B-Natal, Preggo-pops. Begin with a trial of dry crackers, toast, rice, bananas, apples and Ginger Ale. Drinks with calories are best – Sprite, Coke, Gatorade. Multiple small meals are better. If you are unable to keep any food or liquids down for 24 hours, call the office.

## **RASHES/CUTS**

Benadryl cream, Caladryl lotion or cream, hydrocortisone cream or ointment, oatmeal baths, Bacitracin, Neosporin, Polysporin

## **YEAST INFECTIONS**

Fem-stat, Clotrimazole (Lotrimin), Miconazole (Monistat), Ticonazole (Monistat 1, Vagistat 1). If you have never had a yeast infection before, please make an appointment for evaluation.

## **LEG CRAMPS**

Exercise leg and calf muscles by stretching three times/day. Increase milk and dairy products. Take Calcet or Fosfree, Viactiv calcium chews, or Tums with calcium or other calcium tablet.

## **STRETCHING PAINS OF UTERUS**

Usually occurs between 12-20 weeks. Avoid quick sudden movements, bending over, lifting heavy objects, moving quickly in and out of a car, or anything that may cause a sudden stretching pain on uterine ligaments. Take Tylenol and rest with feet elevated. Try warm bath or heating pad on low back.

## **DENTAL**

Dental care is encouraged. X-rays may be performed as necessary with proper shields. Local anesthetics are also safe.