

# SAFE MEDICATIONS DURING PREGNANCY

<u>Allergies</u>	Claritin, Benadryl, Zyrtec
<u>Colds, cough, sore throat</u>	Tylenol, Tylenol Cold, Robitussin/Robitussin DM Mucinex, Chloraseptic, Cepacol Lozenges Actifed*, Sudafed*, Contac*, Drixoral*, Chlortrimeton*. <i>*Decongestants should not be used the first 12 weeks of pregnancy or if you have high blood pressure</i> <b>Call: If fever over 101.8, no improvement in 2-3 days, anytime patient is concerned by symptoms.</b>
<u>Constipation</u>	Milk of Magnesia. Miralax (Constipation is best prevented during pregnancy by generous drinking of water (8 glasses/day), fresh fruit, regular exercise, and stool softeners.
<u>Stool Softeners</u>	Colace/Sodium Docusate, Metamucil, Citrucel, Fibercon, Benefiber
<u>Diarrhea</u>	Kaopectate, Immodium, BRAT diet (bananas, rice, applesauce, tea) <b>Call: If fever, weak/dizzy, no improvement in 2-3 days</b>
<u>Headache</u>	Tylenol/Acetaminophen (regular or extra strength) Datril, Panadol (Do not take Aspirin, Advil, Motrin, Ibuprofen, Aleve, Naproxen, sodium) <b>Call: If dizziness or blurred vision</b>
<u>Indigestion</u>	Mylanta, Maalox, Tums, Rolaids, Zantac, Pepcid, Prilosec* (liquid antacids generally work better than tablets) <b>*Avoid Prilosec in first trimester</b> <b>Call: If severe abdominal pain</b>
<u>Hemorrhoids</u>	Preparation H, Anusol. Avoid constipation, straining
<u>Nose bleeds or gum bleeding</u>	Common in pregnancy <b>Call: If persistent or patient is worried</b>
<u>Nausea</u>	Emetrol, Vitamin B6 10-25 mg (three times daily) <b>Call: If unable to keep liquids down for more than 24 hours, weak and dizzy (dehydrated)</b>
<u>Yeast Infections</u>	Monistat – 7 day <b>Call: If no improvement after 7 day regimen</b>
<u>Dental</u>	Dentist appointment – X-Rays with abdominal shield, Novocain without epinephrine
<u>Injections</u>	Allergy shots, Tetanus, TB Test, Flu shots

**\*\*ALWAYS CALL FOR THE FOLLOWING: LABOR PAINS, BROKEN WATER, VAGINAL BLEEDING, BABY MOVING LESS THAN USUAL OR IF YOU HAVE CONCERNS.**