

# Safe Medications

During pregnancy, women can be more susceptible to ailments like cold and flu and other conditions. Only certain medications are safe during pregnancy. The following are considered relatively safe, but you should use these very sparingly, especially decongestants of any kind. Prescription medications should be taken exactly as directed and you should check with us before starting any new prescription. Follow the labels for dosage and directions. Contact the office with questions.

<p><b>Acne</b> Benzoyl Peroxide Clindamycin Topical Erythromycin Salicylic Acid <b>AVOID: Accutane Retin-A Tetracycline Minocycline</b></p>	<p><b>Antibiotics</b> Ceclor Cephalosporins E-mycins Keflex Macrobid/Macrodantin Penicillin Zithromax <b>AVOID: Cipro Tetracycline Minocycline Levaquin Bactrim</b></p>	<p><b>Colds/ Allergies/Cough</b> Benadryl, Claratin, Zyrtec Claritin-D** Chlor-Trimeton, Dimetapp Dayquil Drixoral-Non-Drowsy Mucinex (guaifenasin) Sudafed**/Sudafed-12 Hour** Sudafed PE Pseudoephedrine** Tylenol Cold &amp; Sinus** Tylenol PM (contains Benadryl) Vicks Vapor Rub <b>**AVOID if Problems With Blood Pressure</b> Cough Drops Phenergan w/Codeine if prescribed Robitussin (plain &amp; DM)</p>
<p><b>Anemia</b> Ferrous sulfate, Feosol, Slow-Fe, Ferrofollic 500, Ferro sequels, Floradix, Integra, Vitamin C</p>	<p><b>Constipation</b> Colace, Milk of Magnesia, Citracel, Senakat, Metamucil, Surfak, Pericolace, Natural Calm</p>	<p><b>Heartburn</b> (Avoid lying down for at least 1 hour after meals) Aciphex, Maalox, Mylanta, Pepcid, Milk of Magnesia Pepcid AC, Prilosec OTC, Rolaids Tums (limit 4/day), Spoonful of Apple Cider Vinegar</p>
<p><b>Gas/Diarrhea</b> (BRAT diet: bananas, rice, applesauce, toast) Gas-X, Mylicon, Phazyme, Kaopectate, Immodium AD</p>	<p><b>Headaches</b> Cold Compress Tylenol (Regular or Extra Strength) Acetaminophen Small amount of caffeine Headache regimen</p>	<p><b>Nasal Spray</b> Saline Nasal Spray Flonase</p>
<p><b>Hemorrhoids</b> Anusol/Anusol H.C. (RX: Analapram 2.5%) Hydrocortisone OTC Preparation H, Tucks Vaseline lotion applied to tissue</p>	<p><b>Herpes</b> Acyclovir Famvir Valtrex</p>	<p><b>Rash</b> Benadryl 1% Hydrocortisone Cream</p>
<p><b>Flu/Nausea/Vomiting</b> Vitamin B6 25mg 3 times daily Unisom 1/4 or 1/2 tablet at bedtime Dramamine, Emetrol Ginger Root 250mg 4 times daily High Complex Carbs @Bedtime Sea Bands - Acupressure RX: Diclegis, Tylenol, Benadryl 25mg, EmetrolPeppermint or ginger tea</p> <p>* If you have a fever of 101F and/or you cannot keep anything down, please call the office.</p>	<p><b>Pain/ Muscle Aches</b> Tylenol, Darvocet** Lortab**, Percocet** Tramadol**, Tylenol 3** Ultram**, Vicodin**</p> <p><b>**Narcotic medications should only be used when prescribed for a legitimate medical problem by a provider for a short period of time.</b></p> <p>* Remember to use good posture. When sitting for long periods, try to get up and walk around every 45 mins to relieve backaches.</p>	<p><b>Sleep Aids</b> Benadryl Chamomile Tea Unisom, Tylenol PM Warm milk-add vanilla or sugar for flavor</p>
<p><b>Throat</b> Cepacol Cepastat Salt Water Gargle w/ warm water Throat Lozenges</p>	<p><b>Tooth Pain</b> Oragel</p>	<p><b>Yeast Infection</b> Gyne-Iotrimin, Monistat-3 Terazol-3 Avoid 1 Day Creams</p>

