

MEDICATIONS DURING YOUR PREGNANCY

Listed are safe medications you may take for minor discomfort in pregnancy. It is best to avoid any medications during the first twelve (12) weeks of pregnancy. Notify us as soon as possible if you are taking a prescription.

ANTI-HISTAMINES/ALLERGIES

- Zyrtec, Claritin, Benadryl, Dimetapp
- Visine eye drops, Naphcon-A eye drops

CONSTIPATION

- Colace, Konsyl, Fibercon, Citrucel, Metamucil, Milk of Magnesia, Fiberall

COUGHS/COLDS

- Robitussin (cough)
- Robitussin DM
- Mucinex Cough (Guaifenesin)
- Chloraseptic/Cepacol lozenges

DECONGESTANTS

- Sudafed (pseudoephedrine) Robitussin CF, Tavist D, Ocean Mist nasal spray (saline solution), 3-way nasal

DIARRHEA

- Imodium (1 dose – if it persists, please notify office)
- Follow the BRAT diet (bananas, rice, applesauce & toast)
- COME IN TO SEE DR: Fever or not improved in 2-3 days, Weak & dizzy.

HEARTBURN, INDIGESTION, GAS

- Tums, Maalox, Gas-X Mylanta (safe to take after the first 12 wks)
- Tagamet, Gaviscon, Pepcid or Pepcid AC
- DO NOT USE: PEPTO-BISMOL, ROLAIDS, KAOPECTATE, ALKA SELTZER (CONTAINS ASPIRIN)

HEMORRHOIDS

- Preparation H (safe throughout pregnancy)
- Anusol
- Tucks pads, witch hazel pads

INSOMNIA (unable to sleep)

- Benadryl, Tylenol PM (do not exceed recommended dosage)

LICE TREATMENTS

- Rid (only)

LEG CRAMPS

- If leg cramps are in both legs:
 - Wear leg warmers (decreases incidence of leg cramps)
 - May take OsCal 500 mg or similar over the counter calcium supplement 2x a day; potassium rich foods (bananas)
- COME IN TO SEE DOCTOR: If only one leg is hurting all the time, swelling, red, warm.

NAUSEA

- ½ Unisom together with Vitamin B6, Small frequent meals, Ginger Ale, Vitamin B6, Ginger, Ginger Tea, Sea Bands (form of acupressure on wrists) Sweet fruit syrup form canned fruits, i.e., pears/peaches
- COME IN TO SEE DOCTOR: If unable to keep liquids down for more than one day or 24 hours.

NOSE BLEEDS OR GUM BLEEDING

- Common in pregnancy; continue your regular dental exams
- COME IN TO SEE DOCTOR if persistent or you are worried

PAIN MEDICATIONS

- Tylenol (acetaminophen) for minor aches and pains, headaches
- Tylenol Extra Strength-2 tabs every 4 hours (not to exceed 4,000 mg per day in a 24-hour period)
- Codeine (by prescription only)
- DO NOT USE Aspirin, Motrin, Advil, Aleve (unless prescribed by your OB provider)

SWEETENERS

- Nutrasweet, Equal, Splenda, Stevia

TOOTHACHE

- Orajel May see dentist on regular basis, have cavity filling with Lidocaine, have dental x-ray with lead shield.

YEAST INFECTIONS

- Monistat (over the counter yeast preparations)