

CONTEMPORARY WOMEN'S CARE
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MEDICATIONS THAT CAN BE TAKEN DURING PREGNANCY

COLD AND COUGH MEDICINE

MUCINEX, PLAIN ROBITUSSIN (guaifenesin)
SUDAFED (pseudoephedrine, phenylephrine**)
THROAT LOZENGES
DELSYM (dextromethorphan)
OCEAN SALINE NASAL SPRAY

ANTI-ALLERGY MEDICINE

BENADRYL (diphenhydramine)
CLARITIN (loratadine)
CLARITIN D (loratadine, **pseudoephedrine)
ZYRTEC (cetirizine)
CHLOR-TRIMETON (chlorpheniramine)

ANTI-NAUSEA MEDICINE

UNISOM (doxylamine)
VITAMIN B6 (pyridoxine)
PHENERGAN (promethazine)
DICLEGIS (doxylamine, pyridoxine)
DRAMAMINE (dimenhydrinate)

ACID REFLUX/HEARTBURN

MAALOX
TUMS, ROLAIDS
PEPCID (famotidine)
TAGAMET (cimetidine)
ZANTAC (ranitidine)
NEXIUM (esomeprazole)
PREVACID (lansoprazole)
PRILOSEC (omeprazole)

MISCELLANEOUS

MONISTAT (miconazole, for yeast infection)
STOOL SOFTENERS (colace, docusate)
TYLENOL (acetaminophen)

Drugs containing **pseudoephedrine and phenylephrine (SUDAFED, CLARITIN D) should be **AVOIDED** in the first trimester (first 12 weeks) for all pregnancies and throughout the entire pregnancy if you have high blood pressure.

NO IBUPROFEN OR NAPROXEN (Advil, Motrin, Aleve, Anaprox)

NO ASPIRIN or aspirin containing products (Alka-Seltzer, Pepto Bismol) unless prescribed by your doctor.

Please inform your doctor of any medications or supplements you are taking. If a medication is not indicated in pregnancy, we can help you find a safe alternative.

It is important that you take all medications as prescribed by your doctor. If you have any questions, please do not hesitate to ask.