

## Medications

All drugs have potential side effects and should only be used when the risk of taking the drug has been weighed against the benefit being obtained. Although drugs account for only a very small percentage of problems in newborns, the most sensitive time in the infant's development is the first few weeks when a woman may not know that she is pregnant.

The following list of over-the-counter medications are generally considered safe in pregnancy:

<b>Headache or Pain</b>	<b>Nausea</b>
Tylenol or Extra Strength Tylenol <b>DO NOT USE:</b> Aspirin, Motrin, Advil (Ibuprofen), Aleve (unless specifically told to by your healthcare provider)	Vitamin B6 (25 mg three times daily), Sea Bands, Emetrol, Unisom (brand name) ½ - 1 tablet at bed-time, ginger, peppermint
<b>Cold Sore</b>	<b>Heartburn, Indigestion, Gas</b>
Abreva,	Tums, Rolaids, Gas-X, Gavascon, Zantac, Mylanta (safe to use for first 12 weeks), Prilosec, Nexium <b>DO NOT USE:</b> Pepto-Bismol
<b>Congestion/Allergies</b>	<b>Cough/Colds</b>
Sudafed, Robitussin CF, Vicks Vapor Rub, Ocean Mist nasal spray, Zyrtec or Zyrtec-D, Claritin or Claritin-D, Flonase, Nasacort AQ, Benadryl	Robitussin, cough drops
<b>Insomnia</b>	<b>Yeast Infections</b>
Benadryl, Unisom	3 to 7 day antifungal - Monistat, Gyne-Lotrimin
<b>Hemorrhoids</b>	<b>Toothache</b>
Preparation H, Tucks, Anusol	Orajel, Novacaine, Tylenol
<b>Diarrhea</b>	<b>Constipation</b>
Imodium (1 dose - notify office if persists)	Fiber supplements - FiberCon, Fiber Choice, Citrucel, Metamucil, Fiberall Stool softeners - Colace or Surfak, Miralax
<b>Itching</b>	<b>Acne</b>
Benadryl, Zyrtec, hydrocortisone cream	Benzoyl Peroxide (Clearasil) or Salicylic acid products
<b>Lice Treatments</b>	<b>Sore Throat</b>
Rid <b>DO NOT USE:</b> Kwell	Tylenol, Tylenol Extra-Strength, cough drops, Chloraseptic