

MEDICATIONS DURING PREGNANCY

The following list of medications is suggested when necessary for use during pregnancy. Medications should be used cautiously during the first trimester (first 12 weeks) of pregnancy. If a medication you wish to use does not appear on this list, please check with the office **BEFORE** using. The FDA considers generic medication safe.

ALLERGIES:

Benadryl (Diphenhydramine)
Chlor-Trimeton
Claritin
Alavert
Zyrtec

COLD/SINUS/NASAL CONGESTION:

Mucinex
Saline Nasal Spray (Ocean)

CONSTIPATION:

Increase fiber and water
Colace
Metamucil
Citrucel
Effer-syllium
Miralax (daily)
Fiber One Cereal

COUGH:

Robitussin plain or DM
Cough Drops (avoid licorice flavor)

DIARRHEA:

Drink clear liquids, avoid milk products for 24 hrs
Immodium AD

****Contact office if diarrhea lasts more than 2 days****

HEARTBURN/INDIGESTION:

Avoid greasy, spicy, and fried foods
Prilosec- Best taken in the am before breakfast
Mylanta- all available forms
Maalox
Tums
Pepcid AC, Pepcid complete
Tagamet HB200
Gaviscon
(Liquid form works best)

FEVER/ACHES/PAIN:

Tylenol regular or extra strength

GAS:

Mylanta- all available forms
Simethicone

HEMORRHOIDS:

Increase fiber and water
Preparation H
Anusol HC
Tucks

LEG/MUSCLE CRAMPS:

Os-Cal
Caltrate

NAUSEA AND/OR VOMITTING:

Eat small frequent meals. Carbohydrates usually help. Stay hydrated with small sips of liquid. Avoid an empty stomach.
Vitamin B6 50 mg in the am and pm in combination with Unisom sleep tablet (doxylamine succinate) ½ tablet. If drowsiness occurs, stop Unisom in the am.

RASH:

Calamine or Caladryl lotion
Lanacort
Hydrocortisone 1% cream

YEAST INFECTION:

Monistat 7 (do not use single dose treatment)
Gyne-Lotrimin

DO NOT USE:

Decongestants
Advil
Motrin
Ibuprofen
Aleve
Naproxen
Pepto Bismol
Alka Seltzer
Sudafed (Pseudoephedrine)