

# **ADVANCED OBSTETRICS & GYNECOLOGY, LLC**

*Comprehensive Healthcare for Women*

## **INFORMATION REGARDING MEDICATION USE DURING PREGNANCY**

During pregnancy it is best to limit the use of medications, especially during the first trimester. Any specific questions regarding medications are best handled by speaking with the physician. The following medications can be used if absolutely necessary.

### **PAIN OR FEVER:**

Tylenol (acetaminophen)- Regular 325 mg or Extra strength 500 mg-Take these doses for reduction of fever, but contact office for pain and dosing instructions.

### **ALLERGIES:**

Benadryl, Zyrtec, Claritin, NasalCrom Spray

### **COLD/COUGH AND DECONGESTANTS:**

Mucinex, Coricidin, Robitussin, Airborne, Emergen-C, Vitamin C, Vicks Vapor rub, cough drops/lozengers, Humidifier, Chloraseptic Spray

Sudafed and Tylenol Cold & Sinus can be used after first trimester and as long as no hypertension-elevated blood Pressure.

### **SLEEP:**

Benadryl, Unisom (doxylamine)

### **DIARRHEA:**

Imodium, BRAT Diet (bananas, rice, applesauce, Toast)

### **NAUSEA:**

Vitamin B6, Unisom (doxylamine), Ginger

### **HEARTBURN/INDIGESTION:**

Maalox, Mylanta, Zantac, Pepcid, Tums, Roloids

### **CONSTIPATION:**

Metamucil once a day, Colace mg once a day or twice a day, MiraLAX daily-OK to use ALL if needed.

### **YEAST:**

Monistat 3 day or 7 day