



Safe Medications in Pregnancy

If you get a minor illness, such as a cold, runny nose, mild sore throat, headache, or temperature less than 100.4° the following is a list of safe medications that can be used. For any symptoms below lasting more than 3 days, call (770) 991-2200 to speak with the Triage Nurse or On-call Provider.

Cold, Hayfever and Congestion

Follow the directions on the package and do not exceed the recommended dose:

- Tylenol (e.g., Tylenol Severe Cold and Sinus)*
- Sudafed*
- Actifed*
- Robitussin
- Chlor-Trimeton
- Benadryl
- Claritin
- Zyrtec

***Do not use if you have high blood pressure. Avoid medications with Sudafed (pseudoephedrine) or phenylephrine.**

Other comfort measures for colds include:

- Saltwater nasal spray
- Warm, wet compress to your sinus area to help them open and draining
- Keep room heat on a lower setting – it helps keep the air from being too dry
- A vaporizer or humidifier can help keep moisture in the air; sleep on extra pillows to keep your head elevated
- Drink plenty of fluids to help keep you hydrated
- Coughs Drops
- The only active ingredient found to be effective in over-the-counter cough medicines is “DM” (dextromethorphan), e.g., Robitussin DM
- Breathe Right nasal strips

Sore Throat

- Chloraseptic spray
- Warm salt water gargles
- Throat lozenges

Diarrhea

- Avoid foods containing milk products and caffeine
- Drink plenty of fluids to help keep you hydrated

Constipation

- Metamucil, Citrucel, or Benefiber
- Miralax or Milk of Magnesia
- Colace 100mg tablets, 1-2 times daily
- Fleets enema if condition unresolved by other methods

Fayetteville

1279 Highway 54 West, Suite 220
Fayetteville, GA 30214

Newnan/Coweta

775 Poplar Road, Suite 210
Newnan, GA 30265

Jonesboro/Spivey Station

7823 Spivey Station Blvd., Suite 100
Jonesboro, GA 30236

**Hemorrhoids**

- Tucks – may want to keep them cool in refrigerator for increased pain relief
- Preparation H cream and suppositories
- Ice packs

Heartburn & Gas

- Gas-X
- Tums, Mylanta, or Maalox
- Pepcid or Zantac

Fever, Muscle Aches and Headaches

- Tylenol-Regular Strength or Extra Strength – *Follow the directions on the package and do not exceed the recommended dose*

Avoid:

- Aspirin products
- Ibuprofen products, such as, Advil, Nuprin and Motrin
- Naproxen products, such as, Aleve or Anaprox during pregnancy

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