

## **APPROVED MEDICATIONS DURING PREGNANCY**

Below is a list of common complaints during pregnancy and a list of over-the-counter medications approved by our office. **If you do not see a medication listed here, it is NOT approved by our physician.** If there are any questions please call our office for further assistance. Please follow the directions on the package, start with the minimum suggested dose, increase only if needed and do not exceed the recommended dose. If you call/visit another healthcare provider during your pregnancy, always make them aware that you are pregnant. Always make our office aware of any new medications that you are taking.

<b>COLD/HAYFEVER/CONGESTION</b> <ul style="list-style-type: none"> <li>Actifed**</li> <li>Tylenol/Tylenol Cold &amp; Sinus**</li> <li>Triaminic</li> <li>Chlor-Trimeton</li> <li>Claritin/Claritin-D**</li> <li>Zyrtec</li> <li>Sudafed**</li> <li>Robitussin (plain &amp; DM)**</li> <li>Vicks Vapor Rub</li> <li>Saline Nasal Spray</li> </ul> <b>**Avoid if problems w/Blood Pressure</b>	<b>CONSTIPATION</b> <p>Colace-100mg, twice daily</p> <p>Metamucil, Fibercon, Citracil</p> <p>Metamucil, Senakot</p> <p>Miralax</p> <p>Increase fluid intake and fiber in your diet.</p>	<b>COUGH</b> <p>Actifed</p> <p>Sudafed</p> <p>Cough Drops</p> <p>Robitussin (plain &amp; DM)**</p> <p>Pseudophedrine**</p> <p><b>**Avoid if problems w/Blood pressure</b></p>
<b>GAS</b> <ul style="list-style-type: none"> <li>Gax-X</li> <li>Mylicon</li> <li>Phazyme</li> </ul>	<b>HEADACHES</b> <ul style="list-style-type: none"> <li>Tylenol (regular or extra strength)</li> <li>Acetaminophen</li> <li>Cold Compresses</li> </ul> <p><b>*Avoid Ibruprofen</b></p>	<b>HEARTBURN</b> <ul style="list-style-type: none"> <li>Mylanta</li> <li>Maalox</li> <li>Tums/Roloids</li> <li>Milk of Magnesia</li> <li>Pepcid AC</li> <li>Prevacid</li> <li>Try eating 5-6 smaller meals a day/avoid lying down immediately after.</li> </ul>
<b>HEMORRHOIDS</b> <ul style="list-style-type: none"> <li>Preparation H</li> <li>Tucks</li> <li>Vaseline applied to tissue</li> <li>Sitz baths 3-4 four times daily for 10-15 minutes each time.</li> </ul>	<b>LEG CRAMPS</b> <ul style="list-style-type: none"> <li>Benadryl</li> <li>Magnesium</li> <li>Eat bananas and increase your intake of low-fat milk, stretch your leg with your foot extending towards your body.</li> </ul>	<b>NAUSEA</b> <ul style="list-style-type: none"> <li>Unisom 1/4 or 1/2 tablet at bedtime</li> <li>Vitamin B6 25 mg 3 times per day</li> <li>Ginger Root 250 mg 4 times daily</li> <li>High complex carbs at bedtime</li> <li>Sea Bands (Accupressure)</li> <li>5-6 smaller meals a day</li> <li>Sucking on peppermint.</li> </ul>
<b>PAIN</b> <ul style="list-style-type: none"> <li>Tylenol (plain 1 or 2 tabs every six hours as needed)</li> </ul> <p><b>Avoid Aspirin, Aleve, Ibuprofen</b></p>	<b>RASH</b> <ul style="list-style-type: none"> <li>Benadryl</li> <li>Hydrocortisone Cream 1%</li> </ul>	<b>SLEEP AIDS</b> <ul style="list-style-type: none"> <li>Benadryl</li> <li>Chamomile Tea</li> <li>Unison</li> <li>Tylenol PM</li> <li>Warm milk</li> </ul>
<b>TOOTH PAIN</b> <ul style="list-style-type: none"> <li>Orajel</li> </ul>	<b>THROAT</b> <ul style="list-style-type: none"> <li>Cepacol</li> <li>Cepastat</li> <li>Throat Lozenges</li> <li>Salt water gargles</li> </ul>	<b>YEAST INFECTIONS</b> <ul style="list-style-type: none"> <li>Monistat-3 or 7,</li> </ul> <p><b>Avoid 1-Day creams</b></p>