A Guide to Medications during Pregnancy

I. Colds, Flu
   A. OK to Take:
      Any Tylenol Products: cold & sinus, congestion, allergies
      Sudafed – must be plain, for congestion
      Robitussin – must be plain, for coughing
      Chloraseptic/Cepacol Lozenges, for sore throat
   B. Call the Office:
      Fever over 101
      Coughing up a lot of Phlegm
      Not getting better in 2-3 days
      Anytime patient is worried

II. Allergies
   A. Ok to Take:
      Benadryl
      Claritin
      Zyrtec

III. Constipation
   A. Ok to Take:
      Konsyl Easy Mix- Stool softener and natural laxative
      Milk of Magnesia – to make it go
      Colace – if (hard-like little rocks – twice a day, takes a week to work)
      Benefiber

IV. Diarrhea
   A. OK to Take:
      Kaopectate
      Pepto Bismol
      BRAT diet – bananas, rice applesauce, tea or toast
   B. Call the Office:
      Fever
      Not improved in 2-3 days
      Weak and Dizzy

V. Nausea and Vomiting
   A. Ok to Take:
      Pepto Bismol
      Emetrol – over the counter syrupy stuff to settle stomach
   B. Call the Office:
      Unable to even keep liquid down for more than one day
      Weak and Dizzy (dehydrated)
VI. Heartburn/Gas
   A. OK to Take:
      Mylanta
      Maalox
      Tums
      Rolaid
      Zantac
   B. Call the Office:
      Bad Abdominal Pain

VII. Headaches
   A. OK to Take:
      Tylenol Extra Strength 2 tabs every 4 hours
      DO NOT TAKE ASPIRIN, ADVIL OR IBUPROFEN
   B. Call the Office:
      Dizziness or blurred vision
      Not getting better

VIII. Hemorrhoids
   A. OK to Take:
      Preparation H
      Anusol

IX. Nose Bleeds or Gum Bleeding
   A. Common in Pregnancy
   B. Call the Office:
      Persistent or patient is worried

X. Dental
   A. OK to See the Dentist
      Have X-Rays with abdominal shield
      Get “novacaine” without epinephrine, some antibiotics and some pain pills
      Patient can call to get a letter for the Dentist

******Always Call to Come to Office for the Following**************

- LABOR PAINS
- BROKEN WATER
- VAGINAL BLEEDING
- BABY MOVING LESS THAN USUAL