

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
 - Rolaids
 - 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**