

**MEDICATIONS IN PREGNANCY**

It is important that during pregnancy your health care provider knows that you are pregnant when prescribing medication. It is best to avoid medications during pregnancy, but sometimes taking a medication is important and the benefits outweigh the risks. As your health care providers, we understand the need to use some medications at times. However, these should be used as little as possible, especially during the first twelve weeks of your pregnancy. Call your healthcare provider for any fever over 100.5 or symptoms for greater than 3 days.

<b>Complaint</b>	<b>Medication</b>
Nausea	Emetrol, Preggie Pops, Unisom Sleep Tablets 25 mg (112 tab) with B6 (10-25 mg) 1 tablet at breakfast and Lunch. Take Unisom 25 mg with one B6 at bedtime.
Headache/Temperature	Tylenol, Extra Strength Tylenol, Excedrin Migraine
Cold/Nasal Drainage	Afrin Nasal Spray, Claritin, Claritin-D less than 3 days,*Actifed Plain, Ipratropium Bromide, Guaifenesin, and Dextromethorphan
Cold/Congestion/Cough	Robitussin DM *Tylenol Cold Day (non-drowsy) *Actifed Plain Thera-Flu (not for pregnancy induced hypertension or hypertension) Breathe Right Nasal Strips Benadryl (okay in the first trimester). Mucinex (do not take with Robitussin) All cough drops, i.e. Cepacol.
Constipation	Colace 100 mg or 200 mg two times a day, Metamucil, Citrucel, *Milk of Magnesia two tbsp at bedtime. If not effective, try 4 oz of papaya juice and 4 oz of pineapple juice Miralax and Senna
Indigestion/Heartburn	Riopan, Riopan Plus, Tums, Di-Gel, Mylanta, Pepcid, Zantac
Gas	Mylanta Gas, Gas-X Tucks,
Hemorrhoids	sitz baths
Skin Itching/Rash	Cortaid 1%Hydrocortisone Cream Benadryl (okay in first trimester) RID for lice No Retin-A or salicylic acid benzoyl peroxide okay
Cold Sores	Abreva
Sore Throat	Chloraseptic Throat Spray Cepacol Lozenges
Lower Back Pain	Icy Hot, ThermaCare
Insomnia	Unisom and Benadryl
Diarrhea	Immodium

**PROVIDING COMPASSIONATE, EXPERT CARE IN THREE CONVENIENT LOCATIONS**

1265 Viscaya Parkway	Cape Coral, Florida 33990	(239) 574-2229
9021 Park Royal Drive	Fort Myers, Florida 33908	(239) 432-5858
5700 Lee Boulevard	Lehigh Acres, Florida 33971	(239) 432-5858