

Safe Medications

During pregnancy, women can be more susceptible to ailments like cold and flu and other conditions. Only certain medications are safe during pregnancy. The following are considered relatively safe, but you should use these very sparingly, especially decongestants of any kind. Prescription medications should be taken exactly as directed and you should check with us before starting any new prescription. Follow the labels for dosage and directions. Contact the office with questions.

Diarrhea Imodium - 2 initially then 1 every 6-8 hrs as needed. Gatorade 8 ounces + 2 tbs. Honey or sugar Bland diet Notify physician if stools become completely liquid & occur more than 10-12 times in 24 hrs in spite of using the above medications.	Antibiotics Ceclor Cephalosporins E-mycins Keflex Macrobid/Macrodantin Penicillin Zithromax AVOID: Cipro, Tetracycline, Minocycline, Levaquin, Bactrim	Colds/ Allergies Benadryl, Claritin, Zyrtec Claritin-D** Chlor-Trimeton, Dimetapp Drixoral-Non-Drowsy Mucinex(guaifenesin) Sudafed**/ Sudafed-12 Hour ** Tylenol Cold & Sinus ** **AVOID if problems with Blood Pressure**
Constipation Colace, Miralax, Senakot, Dulcolax Suppository, Fibercon, Metamucil	Cough Cough drops, Phenergan (if prescribed), Robitussin	Crab/ Lice RID
Gas Gas-X, Mylicon, Phazyme	Headaches Cold compress, Tylenol (325 mg or 500 mg as directed)	Heartburn (avoid lying down for at least 1 hour after meals) Aciphex, Maalox, Mylanta, Pepcid, Milk of Magnesia, Prilosec, Rolaids, Zantac, Tums (limit 4/day)
Hemorrhoids Anusol/Anusol H.C., Hydrocortisone OTC, Preparation H, Tucks, Vaseline Lotion applied to tissue.	Herpes Acyclovir(RX), Famvir(RX), Valtrex (RX)	Nasal Spray Saline Nasal Spray
Nausea Vitamin B6 25mg 3 times a day, Unisom @ bedtime, dramamine, ginger root 250mg 4 times a day, High complex carbs at bedtime, sea bands. Diglecis (RX)	Pain Tylenol, Tylenol Extra Strength	Rash Benadryl, 1% hydrocortisone Cream
Sleep Aids- Benadryl, Chamomile Tea, Unisom, Tylenol PM	Throat- Cepacol, Cepastat, Saltwater gargle w/ warm water Throat Lozenges	Tooth Pain- Orajel
Yeast Infection- Gyne-Iotrimin, Monistat-3 Terazol-3 Avoid 1 day creams	Acne Benzoyl Peroxide Clindamycin Topical Erythromycin Salicylic Acid Avoid Accutane, Retin-A, Tetracycline, Minocycline	Round Ligament Pain Tummy Sling, warm bath, heating pad on low & pain medication as noted above.