

Medications In Pregnancy

All medications have the potential to cross the placenta and the fetus will be exposed.

ALLERGIES
Zyrtec
Claritin
Bendaryl
Allegra
Xyzal
Visine eye drops
Naphcon-A eye drops

DIARRHEA
Imodium
Follow BRAT diet (bananas, rice, applesauce & toast)
Call the office if > 24 hours of diarrhea without improvement

INSOMNIA
Benadryl
Unisom

NAUSEA / VOMITING
1/2 tab Unisom with Vit B6 25mg 3x/day (every 6-8hrs)
Small frequent meals
Vitamin B6 3x/day (every 6-8hrs)
Ginger containing products
Sea Bands (form of accupressure on wrists)
Peppermint
CALL THE CLINIC: If unable to keep liquids down for more than one day or 24 hrs.

CONSTIPATION
Colace
Psyllium
FiberCon
Metamucil
Milk of Magnesia
Miralax

GERD, UPSET STOMACH
Tums
Simethicone Gas-X
Cimetidine (Tagamet)
Aluminum Hydroxide (Gaviscon)
Famotidine (Pepcid)
Rolaids
** DO NOT USE **
PEPTO-BISMOL
KAOPECTATE
ALKA SELTZER (contains aspirin)

LEG CRAMPS
Increase hydration. Drink an electrolyte beverage or potassium rich foods
Take Magnesium Glycinate at night, up to 500mg per day
GO TO THE ER: If only one leg is hurting all the time, swelling, red, warm

COUGH/COLD
Cough Drops
Dextromethorphan (Robitussin)
Mucinex (Guaifenesin)
Vicks
Chloraseptic
Cepacol lozenges
Call office if you have fever, shortness of breath or chest pain associated w/ cough

HEMMORROIDS
Preparation H (safe throughout pregnancy)
Tucks Pads
Witch Hazel Pads
CALL THE OFFICE if you think you have a thrombosed hemorrhoid (firm, exquisitely painful)

NOSE BLEEDS OR GUM BLEEDS
Common in pregnancy
Continue with regular dental exams
COME IN TO SEE DOCTOR: if persistent or you are worried

CONGESTION
Flonase
Mucinex
Neti Pot
Saline Nasal Spray

TOOTHACHE
Orajel

LICE TREATMENT
RID is safe

YEAST INFECTION
Monistat 7

PAIN MEDICATIONS
Tylenol (acetaminophen) for minor aches and pains, headaches
Tylenol Extra Strength 2 tabs every 6 hours (not to exceed 4,000 mg per day in a 24 hr period)
** DO NOT USE **
Aspirin, Motrin, Advil, Aleve (unless prescribed by your OB provider)

INSECT REPELLENT
DEET containing repellent is safe in pregnancy