

## SAFE MEDICATIONS IN PREGNANCY

Please note that no drug can be considered 100% safe to use during pregnancy. The following is a list of over the counter (OTC) medications that are safe for you to use during your pregnancy. While the FDA has shown many of the medications on this list to be safe, you should always ask your doctor about any medications you are about to take. Your situation and possible complications may be different. If you are on any medications or would like to take a medication not on this list, check with your doctor to make sure it is safe.

SYMPTOM	HELPFUL HINTS	SYMPTOM	HELPFUL HINTS
BACK PAIN	Pillows (knees, back, abdomen) Support belt such as Mom-EZ	HEARTBURN OR INDIGESTION	Small, frequent meals.  Avoid spicy or fried foods.
COLD/FLU/COUGH	Increase water intake  It is very important to stay well hydrated	HEMORRHOIDS	Good fiber intake  Avoid constipation and excess straining during bowel movement  Warm sitz bath (soaking in a tub of warm water)
CONSTIPATION	Increase fluids (water and juice)  Powdered bran, bran cereals, prunes, prune juice  Increase roughage (fruits and leafy vegetables)  Increase physical activity	NAUSEA	Small, frequent meals  Plain crackers before getting out of bed  Ginger ale
DIARRHEA	Avoid milk or milk products  Drink clear liquids until diarrhea stops (broth, apple juice)  B.R.A.T.T. DIET (Bananas, Rice, Apple sauce, Toast, Tea )	SINUS/ALLERGIES	Increase water intake  This will help thin the drainage for quicker relief
GAS	Avoid spicy or fried foods	SLEEP AID	Warm (not hot) shower, warm decaffeinated tea
HEADACHE OR MIGRAINE	Rest in dark room  Massage neck and shoulders  Cold compresses	SORE THROAT	Decaffeinated Hot Tea (Honey)

Acne: Benzoyl Peroxide

Allergies: Benadryl 25 mg every 6 to 8 hours  
Claritin 10 mg. daily. **Do NOT use Claritin D**  
Zyrtec 10 mg. daily. **Do NOT use Zyrtec D**

Back Pain: Tylenol (Acetaminophen), regular or extra strength. Take as directed on the bottle.  
**Do NOT use ibuprofen, Aleve, Advil or Motrin**

Cold and Flu: Tylenol (acetaminophen), regular or extra strength  
Vicks VapoDrops Cough Relief  
Halls Mentho-Lyptus Cough Suppressant  
Cepacol  
Throat lozenges/Cough drops  
Vitamin C. 500 mg. Take once daily  
Saline nasal drops  
**Do NOT use pseudoephedrine and phenylephrine**

Cough: Robitussin (guaifenesin)  
Robitussin DM  
Mucinex

Constipation: Benefiber  
Docusate Sodium. Colace, Pericolace or Dulcolax. 100mg. One tablet 2 – 3 times a day  
Metamucil. Use as directed  
Milk of Magnesia. Use as directed

Diarrhea: \*Call the office to assess your condition and/or if you have no improvement over 24 hours  
Imodium. Liquid or capsules as directed on the box

Gas: Gas-X Thin Strips, Softgels or Ultra Strength Chewable. Use as directed. Do not exceed 6 tablets in 24 hours  
Mylicon (simethicone) 80mg. One tablet after meals and bedtime

Headache: Tylenol (acetaminophen), regular or extra strength. Take as directed on the bottle.  
**Do NOT use ibuprofen, Aleve, Advil or Motrin**  
Excedrin Tension Headache (**aspirin free**)

Heartburn: Tums Regular, EX or Ultra. One to two tablets at bedtime. Do not exceed 8 per day  
Mylanta or Maalox. As directed on bottle  
\*If the above medications do not help consult with the doctor

Hemorrhoids: Tucks Medicated Cooling Pads  
Witch Hazel  
Hemorrhoid creams, ointments or suppositories. Preparation H, Anusol/Anusol H.C.

Insomnia: Benadryl (diphenhydramine) 25 – 50 mg. One hour before bedtime  
Dramamine (dimenhydrinate)  
Tylenol P.M.

Nausea: Sea bands  
Ginger  
Vitamin B6. 50 mg. One tablet 2 times a day  
Dramamine (dimenhydrinate). Take as directed. Do not take more than 8 tablets in 24 hours

Yeast Infection: Avoid 1 Day Creams  
Clotrimazol 7  
Monistat 7

## **SOUTH FLORIDA WOMEN'S CARE**

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