

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)

<u>Acne:</u>	Benzoyl Peroxide
<u>Allergies:</u>	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
<u>Back Pain:</u>	Tylenol (Acetaminophen), regular or extra strength. Take as directed on the bottle. Do NOT use ibuprofen, Aleve, Advil or Motrin
<u>Cold and Flu:</u>	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
<u>Cough:</u>	Robitussin (guaifenesin) Robitussin DM Mucinex
<u>Constipation:</u>	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
<u>Diarrhea:</u>	*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
<u>Gas:</u>	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
<u>Headache:</u>	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)
<u>Heartburn:</u>	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
<u>Hemorrhoids:</u>	Tucks Medicated Cooling Pads Witch Hazel Hemorrhoid creams, ointments or suppositories. Preparation H, Anusol/Anusol H.C.
<u>Insomnia:</u>	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

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