

ALLOWED MEDICATIONS DURING PREGNANCY

Pregnancy is a time when women are very careful about what medications and food they take. It is wise to be careful about what you take but there are some over the counter medications that are relatively safe to take while you are pregnant. The following medications are a list of common medicines that are safe to take at any time during your pregnancy. These medicines have all been proven safe over many years. **IF YOU EVER HAVE ANY QUESTION ABOUT A MEDICATION THAT IS NOT ON THIS LIST, PLEASE CALL THE OFFICE AND WE WILL LET YOU KNOW IF IT IS OKAY FOR YOU TO TAKE.**

ACNE	Any mild skin cleanser that does NOT contain salicylic acid or benzoyl peroxide
COLD/ALLERGY/CONGESTION	Ornex, Sudafed, Actifed, Claritin/Loratadine, Benadryl, Vick's Vapor Rub, Plain Mucinex, Flonase, Ocean Spray Nasal Spray, Humist Nasal Spray. A cool mist Humidifier is also effective.
CONSTIPATION	Colace, Docusate Sodium, perdiem, metamucil. Before taking any medication, try the following: Powdered bran, bran cereals, prunes, prune juice. Increase roughage (fruits and all leafy vegetables). Increase physical activity such as walking. If no change, then try medicines. It may take up to one week before you have results from the stool softeners.
COUGH	Plain Robitussin, cough lozenges
DIARRHEA	Clear liquids until diarrhea stops. This is things like sprite, ginger ale, propel, Gatorade, koolaid, tea, broth, Jello, popsicles, or any other liquid that you can see through. Medications you may take are parapectolin or Imodium. Call our office if you have no improvement in 24 hours.
FEVER	Tylenol or acetaminophen, regular or extra strength. Please take your temperature with a thermometer and call our office with a fever above 100.4 degrees.
GAS	Plain GasX, simethicone
HEADACHE	Tylenol or acetaminophen, regular or extra strength. Take as directed on bottle, not to exceed 8 tablets in 24 hours. Do NOT use ibuprofen, Aleve, Advil, Motrin or Goody's powders.
HEARTBURN	Digel, Maalox, Mylanta, Gelusel, Riopan, Tums or Pepcid AC. Do NOT use Roloids or Alka Seltzer. Other tips for relief of heartburn symptoms are to elevate the head of your bed with either bricks or books. Do not lie flat. Do not eat 2 hours before you are going to bed. Do not eat foods with acid (oranges, grapefruit, tomatoes), peppermint or foods/drinks with caffeine (sodas, tea, coffee, chocolate).
HEMORRHOIDS	Warm sitz bath (soaking in a tub of warm water). Tucks pads (can be used instead of toilet paper), and Anusol suppositories. If the hemorrhoids persist, please call the office.

LAXATIVE	Senokot, Metamucil, milk of magnesia, Fleets enema. If your constipation is not relieved with stool softeners or any of these medications, please contact the office.
MOTION SICKNESS	Dramamine
MOUTH SORES/ULCERS	Orajel
MUSCLE ACHES	Bengay, Icy Hot that does NOT contain Methyl Salicylate. Use products with Menthol ONLY. Do not use on your stomach.
NAUSEA	Emetrol, B6 products such as B-Natal and Preggie Pops.
PAIN	Tylenol or acetaminophen, regular or extra strength. Take as directed on bottle, not to exceed 8 tablets in 24 hours. Do NOT use ibuprofen, Aleve, Advil, Motrin or Goody's powders.
RASHES/BUG BITES	Cortaid, Lanacort or any ½% hydrocortisone cream. Benadryl cream or tablets, Calamine lotion.
SLEEP	Benadryl, Unisom
SORE THROAT	Sucrets, Cepacol (spray or lozenges), Chloraseptic spray or lozenges, warm salt water gargle.
STOOL SOFTENERS	Colace, Docusate Sodium
YEAST INFECTION	Monistat, Gyne-Lotrimin, miconazole