

Medication Safety & Pregnancy

Many patients often ask what they can take for common ailments and discomforts in pregnancy. Here is a list of safe medications that you can refer to throughout your pregnancy.

- **Cold & Flu Symptoms**

- Tylenol for aches & pains
- Sudafed, Mucinex for congestion
- Robitussin DM for coughing
- Chloraseptic/Cepacol lozenges for sore throat
- Tylenol Daytime/Nighttime Cold
- If fever > 101, coughing up a lot of phlegm, not getting better in 2-3 days, or anytime you are worried, call the office to schedule an appointment.

- **Allergies**

- Benadryl, Claritin

- **Constipation**

- Benefiber, Metamucil, Senekot, Colace, Milk of Magnesia

- **Heartburn/Gas**

- TUMS, Mylanta, Maalox, Pepcid
- If you have bad abdominal pain, please come in to the office to be seen.

- **Headaches**

- Tylenol, Tylenol Extra Strength
- DO NOT TAKE ASPIRIN, ADVIL, ALEVE
- If you have dizziness, blurred vision, or your headache is not getting better, please come in to the office to be seen.

- **Hemorrhoids**

- Tucks Medicated Pads, Preparation H, Anusol

- **Leg Cramps**

- Oscal 500 or similar over the counter calcium (twice a day)
- Please come in to be seen if you also have swelling, redness, or if your legs are hurting all the time.