

Safe Medications to Take During Pregnancy

The following medications are considered:

ALLERGIES

Diphenhydramine (Benadryl®)

Loratadine (Claritin®)

Cetirizine (Zyrtec®)

COLD AND FLU

Saline nasal drops or spray

Flonase nasal spray

Warm salt/water gargle

Vicks Vapor Rub® mentholated cream

Diphenhydramine (Benadryl)*

Dextromethorphan (Robitussin®)*

Guaifenesin (Mucinex® [plain]) *

Acetaminophen (Tylenol®)*

Mentholated or non-mentholated cough drops

(Sugar-free cough drops for gestational diabetes should not contain blends of herbs or aspartame)

Pseudoephedrine ([Sudafed®] after 1st trimester)

***Note:** Do not take the "SA" (Sustained Action) form of these drugs or the "Multi-Symptom" form of these drugs. Do not use Nyquil® due to its high alcohol content.

Call the office to make an appointment if you have fever greater than 101 F, have a productive cough, change in color of your sputum or not getting any better after 3-4 days. REMEMBER: a cold virus will normally run its course over 7-10 days.

SLEEP

Chamomile tea

Diphenhydramine (Benadryl)

Doxylamine (Unisom)

HEADACHES

Hot / Cold compresses

Acetaminophen (Tylenol)

***Note:** No Advil, Motrin, Ibuprofen Aleve or aspirin.

Call the office to make an appt if you experience dizziness, blurred vision or the headache is not getting any better.

NAUSEA AND VOMITING

Vitamin B6

Small frequent meals if possible

Acupressure bands.

Diphenhydramine (Benadryl)

Peppermint or ginger candy (IF NOT DIABETIC)

Fruit smoothies (IF NOT DIABETIC)

Call the office to make an appointment if you are unable to keep fluids down for more than 1 day or if you feel weak or dizzy.

HEARTBURN / GAS

Aluminum hydroxide/magnesium carbonate (Gaviscon®)*

Famotidine (Pepcid AC®)

Lansoprazole (Prevacid®)

Aluminum hydroxide/magnesium hydroxide (Maalox®)

Calcium carbonate/magnesium carbonate (Mylanta®)

Calcium carbonate (Titrilac®, Tums®)

*Occasional use only

DIARRHEA

B.R.A.T diet: bananas, rice, apple sauce, tea or toast

Gatorade

Loperamide ([Imodium®] after 1st trimester, for 24 hours only)

***Note:** No dairy for 24 hours.

Call the office to make an appointment if you have fever greater than 101 F, weak or dizzy or not improved in 2-3 days.

CONSTIPATION

Fresh fruits and vegetables

Plenty of water

Glycerin suppositories

Methylcellulose fiber (Citrucel®)

Docusate (Colace®)

psyllium (Fiberall®, Metamucil®)

polycarbophil (FiberCon®)

polyethylene glycol (MiraLAX®)

HEMORRHOIDS

High fiber diet

Plenty of fluids.

Witch hazel (Tucks® pads or ointment)

Phenylephrine/mineral oil/petrolatum (Preparation H®)

Docusate (Colace®)

LEG CRAMPS

Caltrate or Oscal (550-600 mg) twice daily

Call the office if you notice leg pain especially in the back of the knee or calf.