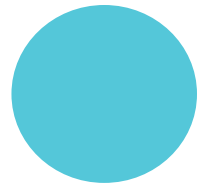




Approved Medication and Treatment in Pregnancy



This is a guideline of medications safe to use in pregnancy. Please ask your doctor before taking any medications not listed to make sure they are safe in pregnancy, and call the office if your symptoms persist or if your temperature exceeds 100.4 degrees.

Headache or Pain

- Regular or Extra-Strength Tylenol

Cold/Sinus Allergies

(Do not take aspirin or ibuprofen)

- Robitussin DM
- Cepacol or Chloraseptic lozenges
- Cough drops
- Zyrtec, Claritin, or Allegra
- Benadryl
- Mucinex
- Saline nasal spray
- Warm salt water gargle – ¼ tsp. table salt in 1 cup warm water, gargle two to four times and repeat several times daily

Meds Safe After 1st Trimester

- Actifed, Sudafed (if no blood pressure problems)
- Chlor-Trimeton (if no blood pressure problems)
- Tylenol Cold & Flu or Theraflu

Nausea/Vomiting

- Bland diet
- Ginger tea
- Bonine, Dramamine, Emetrol
- Vitamin B6 – 25 mg 3 times daily
- Unisom – ½ tablet at bedtime
- Try crackers, toast, rice, bananas, and apples
- Drink non-carbonated drinks separately from solid foods
- Multiple small meals are better
- If you are unable to keep any food or liquids down, call the office

Indigestion/Gas

- Mylanta, Maalox, or Gaviscon
- Tums, Gas-X, Mylicon, or Phazyme
- Nexium
- Pepcid Complete

Diarrhea

- Increase fluid intake
- Pedialyte, Gatorade, or Powerade
- Water, weak tea, or green tea
- Kaopectate
- Imodium A-D

Constipation

- Increase fluid intake
- Exercise
- Stool softener (Colace)
- Fibercon, Metamucil, Miralax, Milk of Magnesia, or fiber

Leg Cramps

- Exercise leg and calf muscles by stretching three times daily

Stretching Pain of the Uterus

- Usually occurs between 12 and 20 weeks of pregnancy
- Avoid sudden movements, bending over, heavy lifting, moving quickly in and out of a car, or anything that can cause sudden stretching pain on uterine ligaments
- Take Tylenol and rest with feet up

Dental

- Dental care is encouraged
- No general anesthesia if possible
- X-ray only if necessary and shield abdomen
- Simple extractions/fillings – OK
- Routine cleaning – OK
- Short-term pain medications – OK (Hydrocodone or Tylenol Codeine #3)

See your primary care physician for a cough, cold, congestion, fever, asthma, allergies, sore throat, skin rash, or urinary infections that last for more than three days. **The flu vaccine is recommended for all pregnant women.**

