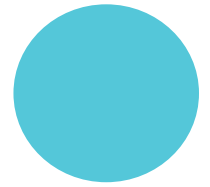




Approved Medication and Treatment in Pregnancy



This is a guideline of medications safe to use in pregnancy. Please 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 2 to 4 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.**

