MEDICATIONS DURING PREGNANCY

The following list of medications is suggested when necessary for use during pregnancy. Medications should be used cautiously during the first trimester (first 12 weeks) of pregnancy. If a medication you wish to use does not appear on this list, please check with the office BEFORE using. The FDA considers generic medication safe.

**ALLERGIES:**
- Benadryl (Diphenhydramine)
- Chlor-Trimeton
- Claritin
- Alavert
- Zyrtec

**COLD/SINUS/NASAL CONGESTION:**
- Mucinex
- Saline Nasal Spray (Ocean)

**CONSTIPATION:**
- Increase fiber and water
- Colace
- Metamucil
- Citrucel
- Effer-syllium
- Miralax (daily)
- Fiber One Cereal

**COUGH:**
- Robitussin plain or DM
- Cough Drops (avoid licorice flavor)

**DIARRHEA:**
- Drink clear liquids, avoid milk products X 24 hrs
- Immodium AD
- **Contact office if diarrhea lasts more than 2 days**

**FEVER/ACHES/PAINS:**
- Tylenol regular or extra strength – use as directed

**GAS:**
- Mylanta – all available forms
- Simethicone

**HEARTBURN/INDIGESTION:**
- Avoid greasy, spicy and fried foods
- Prilosec – best taken in the am before breakfast
- Mylanta – all available forms
- Maalox
- Tums
- Pepcid AC, Pepcid Complete
- Tagamet HB200
- Zantac 75
- Gaviscon (liquid forms work the best)

**HEMORRHOIDS:**
- Increase fiber and water
- Preparation H
- Anusol HC
- Tucks

**LEG/MUSCLE CRAMPS:**
- Os-Cal
- Caltrate

**NAUSEA AND/OR VOMITING:**
- Vitamin B6 50 mg in the am and pm in combination with Unisom sleep tablet (Doxylamine succinate) ½ tablet. If drowsiness occurs, stop Unisom in the am.

**YEAST INFECTION:**
- Monistat 7 (do not use single dose treatment)
- Gyne-Lotrimin

**DO NOT USE:**
- Decongestants
- Advil
- Motrin
- Ibuprofen
- Aleve
- Naproxen
- Pepto Bismol
- Alka Seltzer
- Sudafed (Pseudoephedrine)

**If you have questions about the safety of a medication, please call the office.**