

Medications Safe in Pregnancy

For Colds and Flu

- Tylenol for body aches, pains and headaches
- Mucinex for congestion
- Robitussin for cough
- Chloraseptic Spray or Cepacol Lozenges for sore throat; warm salt water gargle
- Call office if fever >101, green phlegm, especially if not feeling better in 2-3 days

Allergies

- Benadryl, Claritin or Zyrtec are okay to take

Constipation

- Milk of Magnesia, Sennakot, Miralax or Colace
- Increase fiber. Benefiber is good.
- Drink extra water

Diarrhea

- Immodium
- ADBRAT diet: bananas, rice, applesauce, tea or toast

Nausea and Vomiting

- Okay to try Vitamin Br, ginger, ginger tea, Emetol (over the counter syrup to settle stomach)
- Call office if not relief for prescription. If you are unable to keep anything down for more than one day or if you are weak or dizzy.

Heartburn/Gas

- Mylanta, Tums, Maalox or Pepcid
- Call office if above medication does not help or if you are having abdominal pain or black tarry stools.

Headaches

- Tylenol Extra Strength, 2 tablets every 6 hours. DO NOT TAKE ASPIRIN OR IBUPROFEN
- Call the office if you have blurred vision, dizzy or seeing spots

Hemorrhoids

- Preparation H, Anusol or Tucks

Nosebleeds

- This is very common in pregnancy. Ocean nasal spray as needed
- Call office if you are worried or persistent.

Leg Cramps

- This is very common, especially at night. Try to increase your diet in Potassium (bananas, orange juice); Magnesium Oxide 400-800 mg daily

Dental

- It is okay to go to the dentist. You can have x-rays but be sure they shield your abdomen and thyroid. We have a note for your dentist if you would like to get one.
- Okay for 'Novocain", some antibiotics and pain medications. Have your dentist call the office for approved medications, 314-432-3669.