

## Safe Medications During Pregnancy

During pregnancy, women can be more susceptible to ailments like cold and flu and other conditions. Only certain medications are safe during pregnancy. The following are considered relatively safe, but you should use these very sparingly, especially decongestants of any kind. Prescription medications should be taken exactly as directed and you should check with us before starting any new prescription. Follow the labels for dosage and directions. Please contact the office at (267) 946-5200 with questions.

<p style="text-align: center;"><b><u>Acne</u></b></p> <ul style="list-style-type: none"> <li>- Benzoyl Peroxide</li> <li>- Clindamycin</li> <li>- Topical Erythromycin</li> <li>- Salicylic Acid</li> </ul> <p>Avoid:</p> <ul style="list-style-type: none"> <li>- Accutane, Minocycline, Tetracycline, Retin-A</li> </ul>	<p style="text-align: center;"><b><u>Antibiotics</u></b></p> <ul style="list-style-type: none"> <li>- Ceclor</li> <li>- Cephalosporins</li> <li>- Erythromycins (E-mycins)</li> <li>- Keflex</li> <li>- Macrobid/Macrodantin</li> <li>- Penicillin</li> <li>- Zithromax</li> </ul> <p>Avoid:</p> <ul style="list-style-type: none"> <li>- Bactrim (third trimester), Cipro, Minocycline, Levaquin, Tetracycline</li> </ul>	<p style="text-align: center;"><b><u>Colds &amp; Allergies</u></b></p> <ul style="list-style-type: none"> <li>- Benadryl, Zyrtec,</li> <li>- Claritin, Claritin-D**</li> <li>- Chlor-Trimeton</li> <li>- Dimetapp</li> <li>- Drixoral-non-drowsy</li> <li>- Mucinex (guaifenesin)</li> <li>- Tylenol Cold &amp; Sinus**</li> <li>- Vicks Vapor Rub</li> <li>- Choraseptic Spray</li> <li>- Saline Nasal Spray</li> <li>- Flonase (after 1<sup>st</sup> trimester)</li> </ul> <p>** Avoid if you have problems with Blood Pressure</p>
<p style="text-align: center;"><b><u>Constipation/Diarrhea</u></b></p> <ul style="list-style-type: none"> <li>- Colace</li> <li>- Miralax</li> <li>- Senakot</li> <li>- Docolax Suppository</li> <li>- Fibercon</li> <li>- Metamucil</li> <li>- Magnesium</li> <li>- Imodium</li> </ul>	<p style="text-align: center;"><b><u>Cough</u></b></p> <ul style="list-style-type: none"> <li>- Cough drops</li> <li>- Phenergan w/ Codeine (if prescribed)</li> <li>- Robitussin (plain &amp; DM)</li> </ul>	<p style="text-align: center;"><b><u>Crab/Lice/Rash</u></b></p> <ul style="list-style-type: none"> <li>- RID</li> <li>- Benadryl</li> <li>- 1% Hydrocortisone Cream</li> </ul> <p>Avoid:</p> <ul style="list-style-type: none"> <li>- Kwell</li> </ul>

<p style="text-align: center;"><b><u>Gas</u></b></p> <ul style="list-style-type: none"> <li>- GasX</li> <li>- Mylicon</li> <li>- Phazyme</li> </ul>	<p style="text-align: center;"><b><u>Headaches</u></b></p> <ul style="list-style-type: none"> <li>- Cold Compress</li> <li>- Tylenol (Regular or Extra Strength)</li> <li>- Acetaminophen</li> </ul> <p><b>Note: Prescription medications should be discussed with your provider(s).</b></p>	<p style="text-align: center;"><b><u>Heartburn</u></b></p> <p>(Avoid lying down for at least 1 hour after meals)</p> <ul style="list-style-type: none"> <li>- Aciphex</li> <li>- Maalox</li> <li>- Mylanta</li> <li>- Pepcid</li> <li>- Milk of Magnesia</li> <li>- Prilosec</li> <li>- Rolaids</li> <li>- Tums (limit 4/day)</li> </ul>
<p style="text-align: center;"><b><u>Hemorrhoids</u></b></p> <ul style="list-style-type: none"> <li>- Anusol/Anusol H.C. (Rx: Analapram 2.5%)</li> <li>- Hydrocortisone OTC Preparation H, Tucks</li> <li>- Vaseline lotion (applied to tissue)</li> </ul>	<p style="text-align: center;"><b><u>Herpes</u></b></p> <ul style="list-style-type: none"> <li>- Acyclovir</li> <li>- Famvir</li> <li>- Valtrex</li> </ul>	<p style="text-align: center;"><b><u>Nasal Spray</u></b></p> <ul style="list-style-type: none"> <li>- Saline Nasal Spray</li> <li>- Flonase (after 1<sup>st</sup> trimester)</li> </ul>
<p style="text-align: center;"><b><u>Nausea</u></b></p> <ul style="list-style-type: none"> <li>- Vitamin B6 25mg 3x daily</li> <li>- Unisom (¼ or ½ tablet at bedtime)</li> <li>- Dramamine, Emetrol</li> <li>- Ginger Root 250mg 4x daily</li> <li>- High complex carbs at bedtime</li> <li>- Sea Bands – Acupressure</li> <li>- Rx: Diclegis</li> </ul>	<p style="text-align: center;"><b><u>Pain</u></b></p> <ul style="list-style-type: none"> <li>- Tylenol, Darvocet**</li> <li>- Lortab**, Percocet**</li> <li>- Tramadol**, Tylenol 3**</li> <li>- Ultram**</li> <li>- Vicodin**</li> </ul> <p>**Narcotic medications should only be used for a short period of time when prescribed by a doctor for a legitimate medical problem.</p>	<p style="text-align: center;"><b><u>Sleep Aids</u></b></p> <ul style="list-style-type: none"> <li>- Benadryl</li> <li>- Unisom</li> <li>- Tylenol PM</li> <li>- Warm milk (can add vanilla or sugar for flavor)</li> <li>- Zyrtec, Rx</li> </ul>
<p style="text-align: center;"><b><u>Throat</u></b></p> <ul style="list-style-type: none"> <li>- Cepacol</li> <li>- Cepasat</li> <li>- Saltwater gargle (warm water)</li> <li>- Throat Lozenges</li> </ul>	<p style="text-align: center;"><b><u>Tooth Pain</u></b></p> <ul style="list-style-type: none"> <li>- Orajel</li> </ul>	<p style="text-align: center;"><b><u>Yeast Infection</u></b></p> <ul style="list-style-type: none"> <li>- Gyne-Lotrimin</li> <li>- Monistat-7</li> <li>- Terazol-3</li> <li>- Avoid 1-Day creams</li> </ul>

