



## **Medications that are safe to take during pregnancy**

### **Heartburn**

- Maalox, Riopan, Gaviscon, Mylanta, Tums, Mylicon - 80, Zantac, Pepcid AC

### **Constipation**

- High fiber cereals, Prunes, Plenty of water, Metamucil, Fiberall, Senokot, Milk of magnesia, Fibercon, Colace, Docusate Sodium, Dulcolax tablet or suppository

### **Diarrhea**

- Kaopectate, Imodium A.D., Banana/Rice/Applesauce/Toast Diet, NO PEPTO-BISMOL

### **Hemorrhoids**

- Anusol, H.C. 1%, Preparation H with 1% hydrocortisone, Tucks pads, Sitz Bath, Ice/Cool Packs to protect skin, Boppy Pillow

### **Headaches**

- Tylenol, Extra Strength Tylenol, NO ADVIL, NO ASPRIN, NO ALEVE

### **Colds**

- Tylenol Cold and Sinus, Tylenol PM or Flu, Drixoral, Contac, Actifed, Chlortrimeton, Sudafed Plus, Nasal Spray, Ocean Drops/ Saline Nose Drops, Robitussin DM, Mucinex DM, Vicks cough drops/syrup

### **Coughs**

- Robitussin, Robitussin DM, Cough Drops

### **Sore Throat**

- Cepacol, Chloraseptic Spray, Warm salt water gargles, Halls cough drops

### **Flu**

- Increase fluids, Tylenol flu

### **Allergies**

- Claritin, Zyrtec, Benadryl, Afrin

### **Skin/ Itching**

- 1% Hydrocortisone for rash and itching, Benadryl 25-50mg as needed every 6 hours, Benadryl cream as needed, Caladryl lotion, Aveeno bath salts

**Yeast Infection**

- Monistat cream, nystatin powder, yogurt daily

**Nausea/ Vomiting**

- Vitamin B6, Unisom, Ginger, light foods, small frequent snacks, flat coke (room temp)

**Flatulence**

- Mylicon

**General Information during Pregnancy**

- Avoid Tanning Beds - Spray tanning and tanning lotion are ok
- Avoid Hot tubs, warm baths are ok
- Dental Work: Novacaine only (No Sedatives)
- Dental X-Rays are ok if apron used
- Hair Permanents: Not in 1st trimester because of dyes and chemicals.
- Painting: Only use latex paints and paint in open and well ventilated areas
- Flu vaccine, Tetanus shot, and Tuberculosis testing is ok
- Travel: Usually ok up to 36 weeks.