

# Safe Medications

During pregnancy, women can be more susceptible to ailments like the common cold, the flu and other conditions. **Only certain medications are safe during pregnancy.** The following listed medications are considered relatively safe, but should be used sparingly. It is always recommended that you attempt to alleviate any discomforts you may have without medications first. Note the **medications to AVOID** at the bottom of each category. Also, careful consideration should be made when using decongestants of any kind. Follow the FDA approved consumer packaging labels for directions and the correct dosing of over the counter (OTC) medications and always use the dosing container that is included in the original medication packaging. Prescription medications should be taken exactly as directed and always check with your doctor before starting any new prescription medications. Contact the office if you have questions.

<p><b>Acne</b> Benzoyl Peroxide Clindamycin Topical Erythromycin Salicylic Acid <b>AVOID: Accutane</b> <b>Retin-A</b> <b>Tetracycline</b> <b>Minocycline</b></p>	<p><b>Antibiotics</b> Ceclor Cephalosporins E-mycins Keflex Macrobid/Macroclantin Penicillin Zithromax <b>AVOID: Cipro</b> <b>Tetracycline</b> <b>Minocycline</b> <b>Levaquin</b> <b>Bactrim</b></p>	<p><b>Colds/ Allergies</b> Benadryl, Claritin, Zyrtec Claritin-D** Chlor-Trimeton, Dimetapp Drixoral-Non-Drowsy Tylenol Cold &amp; Sinus** Vicks Vapor Rub Breath Righ Strips Neti-Pot Nasal Wash Alavert Tavist Sudafed Nasal Decongestant* <b>* After 20 weeks</b> <b>**AVOID if Problems With Blood Pressure</b></p>
<p><b>Constipation</b> Colace, Miralax, Senakot Ducolax Suppository Fibercon, Metamucil Surfak 2-3 times daily <b>* Drink lots of liquid - add fiber</b></p>	<p><b>Cough</b> Cough Drops Phenergan w/Codeine if prescribed Robitussin (plain &amp; DM) Mucinex (guaifenasin) Corcidin HBP</p>	<p><b>Crab/ Lice</b> RID <b>AVOID: Kwell</b></p>
<p><b>Gas</b> Gas-X Mylicon Phazyme</p>	<p><b>Headaches</b> Cold Compress Tylenol (Regular or Extra Strength) Acetaminophen <b>AVOID: Advil</b> <b>Aleve</b> <b>Motrin</b> <b>Ibuprophen</b> <b>Naproxyn</b></p>	<p><b>Heartburn</b> (Avoid lying down for at least 1 hour after meals) Aciphex, Maalox, Mylanta, Pepcid, Milk of Magnesia Pepcid, Prilosec, Rolaids Tums (limit 4/day)</p>
<p><b>Fever</b> Tylenol (Acetaminophen) 1000mg every 8 hours as needed <b>*Do not exceed more than 3000mg in a 24 hour period</b></p>		
<p><b>Hemorrhoids</b> Anusol/Anusol H.C. (RX: Analapram 2.5%) Hydrocortisone OTC Preparation H, Tucks Vaseline lotion applied to tissue</p>	<p><b>Herpes (Rx)</b> Acyclovir Famvir Valtrex</p>	<p><b>Leg Cramps</b> Decrease physical activities before bed/ Wear Leg warmers Increase Calcium Intake Over the counter magnesium supp.</p>
<p><b>Nausea</b> Vitamin B6 25mg 2 times daily, no more than 20 minutes before meals Unisom 1/4 or 1/2 tablet at bedtime Dramamine, Emetrol Ginger Root 250mg 4 times daily High Complex Carbs at Bedtime Sea Bands - Acupressure RX: Diclegis B-Natal Pops - www.bnatal.com <b>AVOID: Strong flavored/ greasy/ spicy food</b></p>	<p><b>Pain</b> Tylenol, Darvocet** Lortab**, Percocet** Tramadol**, Tylenol 3** Ultram**, Vicodin** <b>**Narcotic medications should only be used when prescribed for a legitimate medical problem by a doctor for a short period of time.</b></p>	<p><b>Nasal Spray</b> Saline Nasal Spray Sino Fresh Nasal Spray</p> <p><b>Rash</b> Benadryl 1% Hydrocortisone Cream</p> <p><b>Yeast Infection</b> Gyne-Iotrimin, Monistat-7 Terazol-3 <b>AVOID: 1 Day Creams/ unless Rx by Dr.</b></p>
<p><b>Sleep Aids</b> Benadryl Chamomile Tea Unisom, Tylenol PM Warm milk <b>AVOID: Advil PM</b> <b>Ibuprophen PM</b></p>	<p><b>Throat</b> Cepacol Cepastat Salt Water Gargle w/ warm water Throat Lozenges - Sucrets or Cepacol Tylenol Sore Throat Nighttime Liquid Chloraseptic Throat Spray</p>	<p><b>Tooth Pain</b> Oragel Tylenol <b>AVOID: Advil</b> <b>Aleve</b> <b>Motrin</b> <b>Ibuprophen</b> <b>Naproxyn</b></p>

