

APPROVED MEDICATIONS FOR USE DURING PREGNANCY

The following medications are generally considered safe to use during pregnancy.

Generic/store brand formulations are acceptable when available.

COLDS/FLU/COUGH/ALLERGIES

IF YOU HAVE A COLD, TRY THIS FIRST

- Drink lots of fluids and get plenty of rest.
- Try saline drops for a stuffy nose.
- Gargle with warm salt water or drink honey with lemon or a sore throat.
- Sleep with extra pillows to elevate head while sleeping.

Medications that can be used safely:

Acetaminophen (Tylenol) containing products only. No Ibuprofen (Motrin, Advil or naproxen (Aleve)).

- Tylenol Cold and Flu
- Nyquil or Dayquil capsules
- Tylenol (regular or extra strength)
- Pseudoephedrine (Sudafed) or Phenylephrine (Sudafed PE)- unless you have high blood pressure
- Robitussin (any formulation)
- Delsym (dextromethorphan)
- Cough drops (Halls, Burt's Bees, Sucrets, Chloraseptic)
- Claritin/Zyrtec/Benadryl
- Tamiflu (if confirmed influenza)

HEADACHE/BODY ACHES

- Tylenol (regular or extra strength)
- Aspirin-free Excedrin
- Tylenol Sinus

REFLUX/HEARTBURN/GAS/DIARRHEA

IF YOU HAVE HEARTBURN, TRY THIS FIRST

- Don't eat or drink anything 2hrs before bed.
- Don't lie down after eating.
- Avoid acidic, spicy, or fatty foods.
- Try drinking mild 2hrs before laying down.
- Try papaya tablets.

APPROVED MEDICATIONS FOR USE DURING PREGNANCY

Medications that can be used safely:

- TUMS/Mylanta
- Pepcid AC as directed
- Prilosec
- Prevacid
- Simethicone (Gas-x)
- Imodium or Kaopectate

CONSTIPATION

IF YOU HAVE CONSTIPATION, TRY THIS FIRST

- Stay well hydrated.
- Eat foods high in fiber, i.e fruits and vegetables
- Choose whole grain breads and pastas
- Avoid rice, cheese, and bananas
- Try smooth move tea

Medication that can be used safely:

- Metamucil/Citrucel powder or capsules
- Fibercon tablets
- Miralax or Benefiber powder
- Docusate sodium (Colace)
- Milk of Magnesia

HEMORRHOIDS

- Preparation H creams or suppositories
- Anusol
- Tucks pads

YEAST INFECTIONS:

- **DO NOT DOUCHE**

Amoxicillin, Penicillin, Ampicillin, Augmentin, Macrobid, Keflex, Zithromax and Clindamycin are all Antibiotics that can be used safely in pregnancy. If you are not allergic.

It is OK to color or highlight your hair during pregnancy