



APPROVED MEDICATIONS IN PREGNANCY

While it is best to avoid any exposure to medications in pregnancy, there are times when the benefits of treatment outweigh the risks, especially with medications whose risk are minimal. The following medications are generally permitted in pregnancy unless you have an allergy or known problem with the medication. Follow package directions unless otherwise instructed by your healthcare provider.

HEADACHES:

Extra Strength Tylenol
Tylenol PM

BODY ACHES:

Extra Strength Tylenol
Tylenol PM

NASAL OR HEAD
CONGESTION:

Sudafed (pseudoephedrine hydrochloride) Do not use if you have high blood pressure.
Tylenol Sinus. These may help congestion and sinus pressure headaches by decongesting.
Afrin Nasal Spray (do not use if you have high blood pressure).

ALLERGY
SYMPTOMS-WATERY,
ITCHY EYES, RUNNY NOSE:

Actifed (which has Sudafed in it, so don't take with Sudafed)
Chlor-trimeton (chlorpheniramine maleate),
Claritin and Claritin D are also OK. These are antihistamines. Do NOT use cold or allergy preparations with multiple ingredients. Saline nasal drops are safe to use.

COUGH:

Robitussin
Robitussin DM

SORE THROAT: If sore throat lasts longer than 48 hours and/or is accompanied by fever of 101 or higher, you should be seen for a throat culture in the office. Warm salt water gargles (½ teaspoon salt in 8oz. warm water) can be used every few hours. Do not swallow the solution. **Chloraseptic** spray may be used as directed.

DIARRHEA: **Immodium.** If diarrhea persists or is accompanied by cramping or pain, please call your healthcare provider.

NAUSEA: **Unisom**
Dramamine
Benadryl
Emetrol
Vitamin B6 25 mg twice a day.
If you are unable to keep fluids down for 24 hours, contact the office.

INDIGESTION: **Mylanta**
Maalox
Tums
Riopan (this one is low in sodium)
Zantac 75
Pepcid HC
Tagamet

HEMORRHOIDS: **Preparation H**
Preparation H with hydrocortisone
Anusol HC
Tucks pads.

CONSTIPATION: **Milk of Magnesia**
Senokot
Colace
Surfak

VAGINAL YEAST INFECTION: **Monistat**
Gyne Lotrimin

IF SYMPTOMS PERSIST OR WORSEN, PLEASE NOTIFY OUR OFFICE 772-261-9636