



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:

Coricidin.

Tylenol Sinus. These may help congestion and sinus pressure headaches by decongesting.

Afrin Nasal Spray (do not use if you have high blood pressure).

Mucinex (Plain)

ALLERGY

SYMPTOMS-WATERY,
ITCHY EYES, RUNNY NOSE:

Chlor-trimeton (chlorpheniramine maleate),

Claritin. These are antihistamines. Do NOT use cold or allergy preparations with multiple ingredients. Saline nasal drops are safe to use. **Zyrtec.**

COUGH:

Robitussin

Robitussin DM

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SORE THROAT:	If sore throat lasts longer than 48 hours and/or is accompanied by fever of 101 or higher, you should be seen at an urgent care or by your PCP for further evaluation. Warm saltwater 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 SleepTabs (Doxylamine Succinate) Dramamine Benadryl Vitamin B6 25 mg twice a day. If you are unable to keep fluids down for 24 hours, contact the office.
INDIGESTION/HEARTBURN:	Mylanta Maalox Tums
HEMORRHOIDS:	Preparation H Preparation H with hydrocortisone Anusol HC Tucks pads.
CONSTIPATION:	Milk of Magnesia Senokot Colace
VAGINAL YEAST INFECTION:	Monistat 7 Clotrimazole 7 Gyne Lotrimin (in pregnancy requires treatment for 7 days)

IF SYMPTOMS PERSIST OR WORSEN, PLEASE NOTIFY OUR OFFICE

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