

Medications in Pregnancy

Listed are medications that you can take during pregnancy for minor discomforts. In general, it is best to avoid any medications during the first **twelve** (12) weeks of pregnancy. **If you are taking a prescription, you should contact your OB doctor as soon as possible.**

<p>PAIN MEDICATION</p> <p>Tylenol (acetaminophen) for minor aches and pains, headaches. Regular or extra strength</p> <p>DO NOT USE: Aspirin, Motrin, Advil, Aleve, Excedrin</p>	<p>HEARTBURN, INDIGESTION, GAS</p> <p>Tums Pepcid Rolaids Tagamet Gas-X Zantac Acid Maalox</p> <p>DO NOT USE: Pepto-Bismol (contains aspirin)</p>
<p>COUGH/COLDS</p> <p>Robitussin (cough) Robitussin DM (non productive cough) Mucinex DM Tylenol cold, Tylenol Sinus, Tylenol Sore Throat</p>	<p>DECONGESTANTS</p> <p>Sudafed (pseudoephedrine) Robitussin CF Mucinex and Mucinex-D/PE Ocean Mist nasal spray (saline solution)</p>
<p>ANTIHISTAMINES</p> <p>Zyrtec Claritin Benadryl</p>	<p>NAUSEA</p> <p>Small frequent meals Ginger Ale Vitamin B6 Sweet fruit syrup from canned fruits, i.e. pears/peaches</p>
<p>INSOMNIA (unable to sleep)</p> <p>Benadryl Tylenol PM</p>	<p>YEAST INFECTIONS</p> <p>Monistat(gently insert applicator 1 inch)</p>
<p>HEMORRHOIDS</p> <p>Preparation H (safe throughout entire pregnancy)</p>	<p>TOOTHACHE</p> <p>Orajel May see dentist, have cavity filling with Novacaine, have dental x-ray with lead shield.</p>
<p>DIARRHEA</p> <p>Imodium Follow the BRAT diet (banana, rice, applesauce, toast)</p>	<p>CONSTIPATION</p> <p>Fibercon Metamucil Colace Citrucel Milk of Magnesia Fiberall Miralax</p>
<p>LICE TREATMENTS</p> <p>Rid (only)</p> <p>DO NOT USE: Kwell</p>	<p>SWEETENERS</p> <p>Nutrisweet Equal Splenda Use artificial sweeteners in moderation. DO NOT USE: Sweet and Low</p>