

Safe Medications During Pregnancy



If you suffer from high blood pressure, diabetes, or any other medical condition, call the office prior to using any medications. Also if you have a fever, bleeding, abdominal pain, or severe vomiting, call the office prior to any medications. If your symptoms do not resolve following the use of the approved medications listed above, call the office to speak with your doctor's nurse.

Colds/Flu/Allergies

Actifed, 4 hour Sudafed, any Tylenol allergy/cold products, Robitussin, any cough drops, Guaifenesin, Benadryl, Claritin, Claritin D, Alavert, Zyrtec, Zyrtec D, Nasonex.

Headache/Discomforts

Tylenol only (extra strength is ok) Take as directed on bottle.

****Do Not Take** - *Ibuprofen (Advil, Motrin), Aspirin (Salicylic Acid), Naprosen, Aleve, Pepto-Bismol or Excedrin.*

Diarrhea

Kaopectate, Immodium. Take as directed on bottle.

Heartburn

Tums, Roloids, Riopan, Pepcid AC, Zantac 75, Maalox, Mylanta.

Gas/Bloating

Gaviscon, Di-gel, any Simethicone only product.

Constipation

Milk of Magnesia, Pericolace, Colace, Metamucil, Citrucel

Hemorrhoids

Preparation H, Anusol, Tucks pads, Warm salt water soak.

Nausea

Eat small frequent meals, do not allow yourself to become too hungry. Avoid dairy products. If the odor of certain foods causes nausea, eating them will make it worse. Avoid highly spiced, greasy and fatty foods. Peppermint or Ginger candy may help, as well as saltine or graham crackers before arising in the morning. Jello, 7-Up, chicken broth may help instead of heavy foods. You can try taking Unisom Sleep Tablets 1 @ night and Vitamin B6- 25mg twice a day over the counter. Please inform the staff if you have tried taking the OTC medication and if it has improved your symptoms or not. It is more important to keep fluids down than solids.

Insomnia

Tylenol PM or Benadryl

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