

Recommended Medications During Pregnancy

NAUSEA

- Vitamin B6 (25 mg three times per day)
- Unisom (1/2 tablet twice a day)
- Emetrol as directed on the bottle
- Seabands
- Eat saltine crackers
- Try small frequent meals
- Try bland carbohydrates and high protein snacks
- Avoid spicy foods, greasy foods, caffeine and cigarettes
- Try ginger ale
- Try ground ginger capsules (250mg every six hours)
- Try a chewable prenatal vitamin
- If you are unable to hold down fluids for more than 24 hours, please call our office

PAIN

- Tylenol, Extra Strength Tylenol (as directed on the bottle)
- Avoid Motrin, Advil, Ibuprofen, Naproxen, Aleve and Aspirin

COUGH/COLD/ALLERGIES

- Saline Nasal Spray
- Benadryl
- Mucinex
- Claritin
- Zyrtec
- Allegra
- Cough Drops
- Chloraseptic
- Robitussin
- Tylenol Cold
- Sudafed
- Actifed
- Coricidin
- Chlortrimeton

HEARTBURN/INDIGESTION/GAS

- Tums
- Pepcid
- Zantac
- Gas-X
- Maalox
- Mylanta
- Prilosec
- Avoid spicy and greasy foods
- Eat small, more frequent meals

CONSTIPATION

- Increase water intake
- High fiber foods (fruits and veggies, especially apples, prunes, leafy greens)
- Prune Juice
- Colace
- Metamucil
- Citrucil
- Fibercon
- Miralax
- Milk of Magnesia
- Avoid stimulant laxatives

DIARRHEA

- No treatment for mild cases, increase oral fluid intake
- BRAT diet (bananas, rice, applesauce, toast)

HEMORRHOIDS

- Preparation H
- Tucks pads
- Hydrocortisone cream
- Anusol
- Soak in a warm bath
- Avoid constipation

VAGINAL YEAST INFECTIONS

- Monistat

INSOMNIA

- Tylenol PM
- Unisom
- Benadryl

TOOTHACHES

- Orajel
- Tylenol
- Dental care is okay in pregnancy, we can communicate with your dentist about options acceptable in pregnancy

ITCHING (NON VAGINAL)

- Benadryl
- Hydrocortisone Cream

THINGS TO AVOID

- Alka Seltzer, Aspirin, Pepto Bismol, Aleve, Ibuprofen (Advil, Motrin)
- Caffeine, limit use to one caffeinated beverage a day
- Avoid alcohol, smoking and other drug use