

Recommended Medications

For common problems during pregnancy and breastfeeding

Nausea and vomiting

Vitamin B6 or B12
Emetrol
Nestrex
Small frequent meals
Popsicles
Dry Toast
Jell-o
Gatorade
Peppermints

Hemorrhoids

Anusol HC
Preparation H
Proctofoam
Protocream
Tucks

Cough, sinus, and colds

Robitussin
Sudafed
Tylenol
Tylenol cold and Flu
Dayquil
Actifed
Claritin
Robitussin DM or DF
Robitussin cough drops

Diarrhea

Immodium AD

Gas pains/Indigestion

Tums
Mylicon

Simethicone

Constipation

Milk of Magnesia
Metamucil
Citrucil
Fibercon
Fiberchoice
Colace
Peri-colace
Senekot
Dulcolax
Doxidan
Benefiber
Surfak
Miralax

Allergy

Over the counter antihistamines
Zyrtec
Allegra
Benadryl (diphenhydramine)
Claritin
Tylenol Sinus and Allergy

Sore throat

Chloraseptic spray
Any type of throat lozenge

Travel

Ok up to 32 weeks,
Encourage hourly ambulation

Painting and Extermination:

Avoid if at all possible (well ventilated area)

Hair coloring

Not during the 1st trimester

Fever

Tylenol

Tylenol Extra Strength

If fever is 100.6 or above, call the office

Headache

Tylenol

Vaginal infections

1st trimester:

over the counter antifungal Creams
(E.G. Monistat)

Dental Meds

Novacaine

x-ray with shield if necessary

Penicillin

Tylenol #3

Darvocet

Z -Pak

TB Test:ok

Flu shot:ok

Do not use any product containing Aspirin or Ibuprofen unless directed to do so. In the 1st 3 months of pregnancy, you should try to avoid taking any medications (prescription or over the counter)

During breastfeeding, products containing Aspirin and Ibuprofen are okay to take