

## **Recommended Medications**

For common problems during pregnancy and breastfeeding

### **Nausea and Vomiting**

Vitamin B6 with or without Unisom @ night

Emetrol

Preggy Pops

Small frequent meals

Popsicles

Dry toast

Jell-o

Gatorade

Peppermints

### **Hemorrhoids**

Anusol HC

Preparation H

Proctofoam

Proctocream

Tucks

### **Cough, sinus, and colds**

Robitussin

Tylenol

Tylenol cold and Flu

Dayquil

Actifed

Robitussin DM or DF

Robitussin cough drops

Mucinex Plain or DM

### **Diarrhea**

Immodim AD

### **Gas Pains/Indigestion**

Tums

Mylicon

Simethicone

Pepcid

### **Constipation**

Milk of Magnesia

Metamucil

Citrucil

Fibercon

Fiberchoice

Colace

Peri-Colace

Senekot

Dulcolax

Doxidan

## **Constipation**

Benefiber

Surfak

Miralax

## **Allergy**

Over the counter antihistamines

Zyrtec

Allegra

Benadryl

Claritin

Tylenol Sinus and Allergy

Sore Throat

Chloraseptic spray

Any type of throat Lozenge

## **Fever**

Tylenol

Tylenol Extra Strength

If fever is 100.6 or above, call the office.

## **Headache**

Tylenol

## **Painting and Extermination**

Avoid if at all possible (well ventilated area)

## **Hair Coloring**

Not during the 1<sup>st</sup> Trimester

## **Travel**

Ok up to 32 weeks, encourage hourly ambulation

## **Vaginal Infections**

1<sup>st</sup> Trimester: Over the counter

Antifungal Creams ( Monistat)

## **Dental Meds**

Novacaine

x-ray with shield if necessary

Penicillin

Tylenol #3

Z-Pak

## **TB Test: OK**

## **Flu Shot: OK**

\*\*\*Do not use any products containing Aspirin or Ibuprofen unless directed to do so in the 1<sup>st</sup> 3 months of pregnancy. You should try to avoid taking any medications (prescriptions or over the counter).\*\*\*  
During breastfeeding, products containing Aspirin and ibuprofen are ok to take.