

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 cold

Robitussin

Tylenol

Tylenol Cold and Flu

Dayquil

Actifed

Robitussin DM or DF

Robitussin cough drops

Mucinex Plain or DM

Diarrhea

Immodium AD

Gas Pains/Indigestion

Tums

Mylicon

Simethicone

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 (diphenhydramine)

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

Do not use any products 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.

Painting and Extermination

Avoid if at all possible (well ventilated area)

Hair coloring

Not during the 1st Trimester

Travel

Ok up to 32 weeks, encourage hourly ambulation

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

