

# APPROVED MEDICATIONS IN PREGNANCY

While it is best to avoid any exposure to medications in pregnancy, there are times when the benefits of treatment outweigh the risks, especially with medications whose risks are minimal. The following medications are generally permitted in pregnancy unless you have an allergy or know problem with the medication. Follow package directions, unless otherwise instructed by your health care provider.

HEADACHES:	<b>Tylenol, Tylenol PM</b>
BODY ACHES:	<b>Tylenol, Tylenol PM</b>
NASAL OR HEAD CONGESTION:	Sudafed (psuedoephedrine hydrochloride) do not use if you have high blood pressure. Sudafed may help congestion and sinus pressure headaches by decongesting. <b>Tylenol Sinus</b>
ALLERGY SYMPTOMS – WATERY, ITCHY EYES, RUNNY NOSE:	<b>Actifed</b> , (which has Sudafed in it, so don't take with Sudafed) <b>Chlor-trimeton</b> (chlorphenaramine maleate) is also okay. These are antihistamines. Do not use cold or allergy preparations with multiple ingredients. <b>Nasalcrom</b> used daily as directed will prevent allergy problems. <b>Claritin, Claritin D</b>
DIARRHEA:	<b>Kaopectate or Immodium</b> If diarrhea persists or is accompanied by cramping or pain, please call your health care provider.
NAUSEA:	<b>Emetrol</b> <b>Vitamin B6</b> 25mg twice a day. If you are unable to keep fluids down for 24 hours, contact the office. <b>Unisom            Dramamine            Benedryl</b>
COUGH:	<b>Robitussin or Robitussin DM</b>
SORE THROAT:	If a sore throat lasts longer than 48 hours and/or is accompanied by fever of 101 or higher, you should be seen for a throat culture in the office. Warm salt water gargles (1/2 teaspoon salt in 8 oz. warm water) can be used every few hours. <b>DO NOT SWALLOW THE SOLUTION.</b> <b>Chloraseptic</b> spray used as directed.
INDIGESTION:	<b>Mylanta            Maalox            Tums            Riopan</b> (this is low in sodium) <b>Zantac 75            Pepcid AC            Tagamet HB</b>
HEMORRHOIDS:	<b>Preparation H</b> <b>Preparation H with hydrocortisone</b> <b>Anusol HC</b> <b>Tucks pads</b>
CONSTIPATION:	<b>Milk of magnesia</b> <b>Senokot            Colace            Surfak</b>
VAGINAL YEAST INFECTION:	<b>Monistat</b> <b>Gyne-Lotrimin</b>

**IF SYMPTOMS PERSIST OR WORSEN, PLEASE NOTIFY OUR OFFICE. (772) 219-1080**