

APPROVED MEDICATIONS DURING PREGNANCY

The following medications are approved for use during pregnancy, including the first trimester. ***You may use these without calling us.*** Remember nothing is best during the FIRST trimester of pregnancy.

Complaint	Approved Medication
Discomfort/Pain & Fever	<ul style="list-style-type: none"> Tylenol or Tylenol Extra Strength at any point in pregnancy (DO NOT TAKE MORE THAN 4,000MG IN 24 HOURS) Motrin/Ibuprofen/Advil (occasional use only-ABSOLUTELY NONE AFTER 32 WEEKS GESTATION) Icy Hot, Bengay, etc
Tooth/Gum Pain	<ul style="list-style-type: none"> Orajel-Maximum Strength, Lidocaine/Novacaine can be used at dentist
Constipation	<ul style="list-style-type: none"> Citrucel, Fibercon, Fiber Chews, Metamucil , Milk of Magnesium Docusate Sodium (Colace) 100mg daily OR MiraLAX (powder mixed into drink) Quart of Prune Juice mixed with Quart of Apricot Juice-1 glass a day
Hemorrhoids	<ul style="list-style-type: none"> TUCKS pads, frozen tea bags Preparation-H, Anusol
Heartburn	<ul style="list-style-type: none"> TUMS or Roloids (no more than 7/day) Mylanta or Maalox Zantac 150mg up to 3 times a day, Tagamet, Nexium, or Pepcid as prescribed on box
Gas/Bloating	<ul style="list-style-type: none"> Gas-X, Mylicon Gas
Diarrhea	<ul style="list-style-type: none"> SEE NAUSEA/VOMITING/DIARRHEA SHEET Imodium AD or Kaopectate as prescribed on box NO DAIRY products for 72 hours
Nausea/Vomiting	<ul style="list-style-type: none"> SEE NAUSEA/VOMITING/DIARRHEA SHEET Bonine (Meclizine) up to 3 times a day ½ tablet Unisom & Vit B6 daily Cucumber water, lemons, lemon water, ginger ale, ginger snaps, ginger tablets, crackers, ice ships, small frequent meals, Sea Bands
Daily Headaches	<ul style="list-style-type: none"> Vitamin B Complex vitamin & Magnesium 200-400mg every day to prevent headaches in addition to your daily Prenatal Vitamin
Insomnia	<ul style="list-style-type: none"> Occasional Benadryl, Unisom, Melatonin
Itchy skin/Rash	<ul style="list-style-type: none"> Cetaphil lotion/cream, SARNA cream, Calamine lotion, Hydrocortisone cream Oatmeal baths, Castor Oil rub, cool compresses Benadryl tablets & Benadryl lotion
Acne	<ul style="list-style-type: none"> Over the counter cleansers, astringents, and toners (Phisoderm, etc)
LICE Treatment	<ul style="list-style-type: none"> RID
External vaginal itching/irritation	<ul style="list-style-type: none"> Hydrocortisone cream, cool compresses, hypo-allergenic soap (DOVE-White) & detergent Vagisil
Allergies	<ul style="list-style-type: none"> Claritin, Zyrtec, or Benadryl as prescribed on box
Colds ETC...	<ul style="list-style-type: none"> SEE COLDS/SINUS CONGESTION/SORE THROAT/COUGH & BRONCHITIS SHEET Cough drops, Throat Lozenges, Chloroseptic Spray, Tsp. Honey-swallow to coat throat, Vicks rub, Saline Nasal Spray, Netty Pot, cool mist humidifier, Robitussin plain or DM at bedtime only, Anti-histamines-Claritin, Zyrtec, or Benadryl Sudafed (Decongestants) are safe to take, but are known to prolong cold s/s for up to 3-5 days longer than if not used at all