



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