

ACCEPTABLE MEDICATIONS DURING PREGNANCY:

In general, it is best to avoid taking any medications during the first 12 weeks of the pregnancy. However, should your condition require it, these are medications can be used safely. If symptoms persist, or should you have questions, please feel free to contact us.

If you are taking a prescription medication, please notify us as soon as possible to see if it should be continued or stopped.

<u>Condition</u>	<u>Acceptable</u>	<u>Do Not Use</u>
Allergies	Benadryl Claritin Zyrtec	
Coughs/Colds	Robitussin/Robitussin DM Sudafed/Actifed Ocean Mist nasal spray	
Sore throat	Cepacol Chloraseptic	
Heartburn/Indigestion	Tums Rolaids Mylanta/Maalox Pepcid	Pepto-Bismol
Pain/Fever	Tylenol	Aspirin Ibuprofen (Advil, Motrin) Naproxen (Aleve)
Constipation	Metamucil Benefiber Colace Fibercon Milk of Magnesia	
Diarrhea	Imodium	
Hemorrhoids	Preparation H Anusol	
Nausea	Small, frequent meals Ginger (as in room temperature ginger ale) Unisom (½ tablet 3 times per day) B-complex vitamins	
Artificial Sweeteners	NutraSweet	Sweet and Low
Yeast Infections	Monistat Gyne-Lotrimin	
Insomnia	Benadryl Unisom	