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MEDICATIONS APPROVED DURING PREGNANCY

During pregnancy you should try to avoid any medications unless necessary. However, the following “Over-the-Counter” medications are considered safe. If you have any doubts or questions, please consult your physician at your next visit.

Headaches

Tylenol
Extra Strength Tylenol
Tylenol PM at bedtime

Cough/Cold/Congestion

Sudafed, Sudafed PE, Alavert,
Claritin, Claritin-D, Dimetap
Benadryl, Clortrimetron, Tylenol
Cold, Tylenol Sinus, Zyrtec,
Robitussin DM, Guaifenisin, Benylin,
Cough drops, Saline nasal spray

Sore Throat

Warm salt water gargle
Throat lozenges
Cepacol/Chloraseptic

Leg Cramps

Tums 5x/day, Calcet, Fosfree

Dry Skin

Palmer's Cocoa Butter, Eucerin Cream
Non-medicated moisturizing lotions

Nausea/Morning Sickness

Emetrol, Ginger ale, Small
frequent meals, Cookies, Crackers,
Pretzels. Notify your doctor if
prescription medications are
necessary

Constipation

Milk of Magnesia, Colace, Surfak,
Metamucil, Fibercon, Konsyl,
Citrucel, Hydrocil, Fresh fruit

Hemorrhoids

Preparation H, Anusol, Tucks,
Anamantle hc

Heartburn/Gas

Mylanta, Tums, Rolaids, Mylicon,
Maalox, Pepcid AC, Zantac,
Avoid spicy food & citrus juice,
Avoid eating/drinking 2 hours prior
to going to bed

Diarrhea

Immodium AD, Kaopectate, BRAT
diet (Bannas, Rice, Applesauce, Tea
or Toast)

If any of your symptoms do not respond properly to the above medications, please call the office. This list is not intended to replace speaking with your doctor.

Hair permanents and cosmetic nails are thought to be safe during pregnancy.

Traveling is permitted up to 35 weeks gestation unless your pregnancy is high risk. Please discuss your travel plans with your doctor.

Dental work may be performed safely during pregnancy; however, if it is elective, please wait. Necessary dental work may be performed during pregnancy. Local anesthesia, some antibiotics, and some pain medications may also be used. If your dentist has questions, please encourage him/her to call us. Abdominal/pelvic shields should be used when dental x-rays are required.