

MEDICATIONS AND DRUGS

Everyone experiences at least a few of the classic discomforts of pregnancy during her nine months of pregnancy (I.E. morning sickness, back pain, constipation, and heartburn). For everyday ailments, some medications are considered safer than others. Whenever possible, it is best to try appropriate, non-medical remedies first, and avoid any medications during the first trimester. The following is a list of medications that are considered reasonably safe to take during pregnancy. After trying over the counter meds – if symptoms are still persistent, call OB office:

ANTACIDS

Maalox
Rolaids
Tums
Mylanta
Zantac 75mg BID
(30-45 min before meal)
Prevacid
Pepcid
Tagamet

COLDS

Benedryl (Ø driving)
Claritin
Tylenol
Robitussin

Chlor-Trimeton
Sucrets Lozenges
Cepacil Lozenges
Halls
Vicks

LAXATIVES

Metamucil
Milk of Magnesia
Senokot
Colace
Peri-Colace

DIARRHEA

Immodium AD
Kaopectate

HEMORRHOIDS

Preparation H
Anusol/Tucks

NAUSEA

Vitamin B-6 50mg twice daily
(w/ ½ tab of unisom)
Ginger root
Ginger Tea

PAIN/HEADACHE

Tylenol xs (1-2 tabs as
needed every 4-6 hrs)

ALLERGIES

Zyrtec
Claritin
(note not Claritin D
or Zyrtec D)

SKIN RASH/ ITCHING

Benedryl Lotion/spray
Caladryl Lotion
Calamine Lotion
Aveeno