

MEDICATIONS IN PREGNANCY

The following “over the counter” drugs may be taken safely during pregnancy. Please remember that “non-drug treatment” should be first attempted and then if there is no relief, you may use the following guidelines (Example: If you have a headache: Non-Drug-Treatment: Lie down in a quiet darkened room and rest. If no relief after trying this, then take a Tylenol).

What you can take for:

COLD OR SINUS

0-12 weeks:

1. BENADRYL
2. TYLENOL 1-2 every 4 hrs.

After 12 weeks:

1. ASPRIN FREE DRISTAN
2. CHLOROTRIMETON
3. ACTIFED
4. DRIXORAL (after 16 weeks)
5. SUDAFED
6. NEOSYNEPHRINE NOSE DROPS 1/4 %

*INHALERS FOR ASTHMA ARE OK EXCEPT CROMYLAN

COUGH

1. ROBITUSSIN (PLAIN OR DM)
2. BENYLIN EXPECTORANT
3. COUGH DROPS--HALL'S, CEPASTAT
CHLOROSEPTIC LOZENGES

HEARTBURN

1. RIOPAN P PLUS OR ANY LOW SODIUM
ANTACID
2. MAALOX--IF CONSTIPATED
*DO NOT TAKE TUMS WITH PRENATAL
VITAMINS - CALCIUM PREVENTS ABSORPTION
OF IRON
3. MYLANTA

NAUSEA (NO VOMITING)

1. VITAMIN B-6, 100 mg 3 times per day
2. EMETROL

VOMITING

1. BOWEL REST, THEN CLEAR LIQUIDS CONSULT PHYSICIAN FOR MEDICATION

HEADACHES

1. TYLENOL 2 every 4 hrs.
2. ANACIN 3

SORE THROAT

1. CHLORACEPTIC
2. CEPACOL LOZENGES
3. SUCRETS

CONSTIPATION

1. SURFAK STOOL SOFTENER
2. SENOKOT
3. DOXIDAN
4. METAMUCIL

DIARRHEA

1. BOWEL REST--THEN CLEAR
LIQUIDS
2. IMMIDIUM AD

HEMORRHOIDS

1. TUCKS
2. ANNUSOL SUPPOSITORIES
3. PREPARATION H
4. TRONOLANE
5. ICE PACKS