

Safe Medications

During pregnancy, women can be more susceptible to ailments like cold, flu and other conditions. Only certain medications are safe during pregnancy. The following are considered safe. Follow the labels for dosage and directions. Contact the office with questions.

<p>Acne Benzoyl Peroxide Clindamycin Topical Erythromycin Salicylic Acid</p> <p>Avoid: Accutane Retin-A Tetracycline Minocycline</p>	<p>Antibiotics Ceclor Cephalosporins E-mycins Keflex Macrobid Penicillin Zithromax</p> <p>Avoid: Cipro Tetracycline Minocycline Levaquin</p>	<p>Colds/Allergies Benadryl, Claritin, Zyrtec Chlor-Trimeton, Dimetapp Drixoral-Non-Drowsy Mucinex (guaifenesin) Sudafed**/Sudafed-12 Hour** Sudafed PE Phenylephrine HCL** Tylenol Cold & Sinus** Vicks Vapor Rub</p> <p>**AVOID if problems with blood pressure and only allowed after 12 weeks</p>
<p>Constipation Colace, Miralax, Senokot Dulcolax Suppository Fibercon, Metamucil Perdium</p>	<p>Cough Actifed, Sudafed Cough Drops Robitussin (plain & DM)</p>	<p>Crab/Lice RID</p> <p>Avoid: Kwell</p>
<p>Gas Gas-X Mylicon Phazyme</p>	<p>Headaches Cold Compress Tylenol (regular or extra strength) Acetaminophen</p>	<p>Heartburn (Avoid lying down for at least 1 hour after meals) Aciphex, Maalox, Mylanta, Pepcid, Milk of Magnesia Pepcid Complete Prevacid, Prilosec, Roloids Zantac Tums (limit 4/day)</p>
<p>Hemorrhoids Anusol/Anusol H.C. (RX: Analapram 2.5%) Hydrocortisone OTC Preparation H, Tucks Vaseline lotion applied to tissue</p>	<p>Herpes Acyclovir Famvir Valtrex</p>	<p>Leg Cramps Benadryl Caltrate, Citracal, Tums, Viactiv, Oscal 500 Magnesium Oxide 400mg nightly Stay Hydrated</p>
<p>Nasal Spray Saline Nasal Spray</p>	<p>Nausea Vitamin B6 10-25mg every 6-8 hours Unisom 25 mg tablets 1/2 tab every 6-8 hours (take with Vitamin B6) Dramamine, Emetrol Ginger Root 250mg 4 times daily High complex carbs @ bedtime Sea Bands - Acupressure</p>	<p>Pain Tylenol Lortab**, Percocet** Tramadol**, Tylenol 3** Ultram**, Vicodin** **Narcotic medications should only be used when prescribed for a legitimate medical problem by a doctor for a short period of time.</p> <p>Avoid NSAIDS (Ibuprofen, Advil, etc.)</p>
<p>Rash Benadryl 1% Hydrocortisone Cream</p>	<p>Sleep Aids Benadryl Chamomile Tea Unisom, Tylenol PM Warm milk-add vanilla/sugar for flavor</p>	<p>Throat Cepacol Cepastat Salt Water Gargle w/ warm water Throat Lozenges</p>
<p>Tooth Pain Orajel</p>	<p>Yeast Infection Gyne-Lotrimin, Monistat-3 or 7 Terazol-3 or 7 Mycelex Avoid 1 day creams</p>	<p>Prenatal Vitamins Any over the counter prenatal vitamins. DHA – is an optional addition to your prenatal vitamin and can be obtained in a separate pill. DHA can be found in fish oil, some plant based vitamins and Expecta DHA.</p>