MEDICATIONS SAFE FOR USE IN PREGNANCY

PLEASE Consult with your physician on all prescription medications that you are taking.

MINOR ACHES, PAINS AND HEADACHES: ACETAMINOPHEN, TYLENOL (REGULAR OR EXTRA-STRENGTH) or Datril. Avoid aspirin-containing products such as Excedrin and Ibuprofen, Advil, Aleve or Naprosyn Sodium.

CONSTIPATION: Colace tablets up to three times daily, Senokot, Citrucel, Fibercon tablets or wafers or Dulcolax tablets or suppositories. Miralax is also fine during pregnancy.

HEMORRHOIDS: Preparation H or Anusol topical cream or suppositories can be used. Anusol-H may also be used. The best treatment is to do your best to avoid constipation by eating a lot of fruits and vegetables, along with drinking plenty of water daily.

HEARTBURN: Tums chews daily or Zantac 75mg once or twice daily. You may also take Gaviscon liquid, Mylanta liquid, Maalox liquid or tablets, or Riopan

DIARRHEA: Imodium AD may be taken per package directions. Clear liquids and a very bland diet for eight to twelve hours should also be observed. If diarrhea persists you should call the office for further directions. If nausea and vomiting begin or you have a temperature, then you should call the office for instructions.

NAUSEA: There are several prescription medications that are perfectly safe in pregnancy. You may also use over the counter remedies such as Emetrol liquid, Vitamin B-6 100mgs orally at night, Dramamine or Unisom per package directions. If nausea persists, you are losing weight and are not able to keep liquids down please call the office for a prescription that is perfectly safe in the first trimester of pregnancy.

COLD, SINUS AND ALLERGIES: During the first trimester of pregnancy cold medications should be avoided unless prescribed by your physician. Beyond 12 weeks the following medications may be used. Sudafed, Benadryl, Tylenol Cold & Sinus, Chlor-Trimeton, Tavist (non D), Claritin or Claritin-D or Zyrtec or Mucinex. NO PHENYLEPHERINE. If you are unsure - please check with the pharmacist and purchase products placed behind the pharmacy counter.

YEAST INFECTIONS: Monistat vaginal cream or suppositories is recommended. Suppositories are preferred. If utilizing a vaginal applicator, for cream only, insert the applicator only halfway into the vagina. The yeast tablet, diflucan, cannot be used at any time during pregnancy.

VACCINATIONS: A flu shot is recommended to be given during pregnancy. A TdaP vaccination should be administered during the second half of the pregnancy or immediately post-partum.