

Safe Medications During Pregnancy



During pregnancy, woman can be more susceptible to ailments like cold and flu and other conditions. Only certain medications are safe during pregnancy. The following are considered relatively safe, but you should use these very sparingly, especially decongestants of any kind. Prescription medications should be taken exactly as directed and you should check with us before starting any new prescription. Follow the labels for dosage and directions. Contact the office with questions.

ACNE	ANTIBIOTICS	COLDS/ALLERGIES	CONSTIPATION
<p>OPTIONS</p> <ul style="list-style-type: none"> • Benzoyl Peroxide • Clindamycin • Topical Erythromycin • Salicylic Acid <p>AVOID</p> <ul style="list-style-type: none"> • Accutane • Retin-A • Tetracycline • Minocycline 	<p>OPTIONS</p> <ul style="list-style-type: none"> • Ceclor • Cephalosporins • E-mycins • Keflex • Macrobid/Macroclant • Penicillin • Zithromax <p>AVOID</p> <ul style="list-style-type: none"> • Cipro • Tetracycline • Minocycline • Levaquin • Bactrim 	<p>OPTIONS</p> <ul style="list-style-type: none"> • Benadryl, Claritin, Zyrtec • Claritin-D** • Chlor-Trimeton, Dimetapp • Drixoral-Non-Drowsy • Mucinex (guaifenesin) • Sudafed**/Sudafed-12 Hour** • Sudafed PE • Pseudoephedrine** • Tylenol Cold & Sinus** • Vicks Vapor Rub <p>**AVOID IF PROBLEMS WITH HIGH BLOOD PRESSURE</p>	<p>OPTIONS</p> <ul style="list-style-type: none"> • Colace, Miralax, Senakot • Dulcolax Suppository • Fibercon, Metamucil
COUGH	CRAB/LICE	GAS	HEADACHES
<p>OPTIONS</p> <ul style="list-style-type: none"> • Cough Drops • Phenergan w/Codeine if pre-scribed • Robitussin (plain & DM) 	<p>OPTIONS</p> <ul style="list-style-type: none"> • RID <p>AVOID</p> <ul style="list-style-type: none"> • Kwell 	<p>OPTIONS</p> <ul style="list-style-type: none"> • Gas-X • Mylicon • Phazyme 	<p>OPTIONS</p> <ul style="list-style-type: none"> • Cold Compress • Tylenol (Regular or Extra Strength) • Acetaminophen
HEARTBURN	HEMORRHOIDS	HERPES	NASAL SPRAY
<p>OPTIONS</p> <ul style="list-style-type: none"> • Avoid lying down for at least 1 hour after meals • Aciphex, Maalox, Mylanta, Pepcid, Milk of Magnesia • Pepcid, Prilosec, Rolaids • Zantac • Tums (limit 4/day) 	<p>OPTIONS</p> <ul style="list-style-type: none"> • Anusol/Anusol H.C. • (RX: Analapram 2.5%) • Hydrocortisone OTC • Preparation H, Tucks • Vaseline lotion applied to tissue 	<p>OPTIONS</p> <ul style="list-style-type: none"> • Acyclovir • Famvir • Valtrex 	<p>OPTIONS</p> <ul style="list-style-type: none"> • Saline Nasal Spray
NAUSEA	PAIN	RASH	SLEEP AIDS
<p>OPTIONS</p> <ul style="list-style-type: none"> • Vitamin B6 25mg 3 times daily • Unisom ¼ or ½ tablet at bedtime • Dramamine, Emetrol • Ginger Root 250mg 4 times daily • High Complex Carbs at Bed-time • Sea Bands – Acupressure • RX: Diclegis 	<p>OPTIONS</p> <ul style="list-style-type: none"> • Tylenol (500-1000 mg per 6 hours), Darvocet** • Lortab**, Percocet** • Tramadol**, Tylenol 3** • Ultram**, Vicodin* <p>**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</p> <ul style="list-style-type: none"> • Ibuprofen 	<p>OPTIONS</p> <ul style="list-style-type: none"> • Benadryl • 1% Hydrocortisone Cream 	<p>OPTIONS</p> <ul style="list-style-type: none"> • Benadryl • Chamomile Tea • Unisom, Tylenol PM • Warm milk – add vanilla or sugar for flavor
THROAT	TOOTH PAIN	YEAST INFECTION	
<p>OPTIONS</p> <ul style="list-style-type: none"> • Cepacol • Cepastat • Salt Water Gargle w/ warm water • Throat Lozenges 	<p>OPTIONS</p> <ul style="list-style-type: none"> • Oragel 	<p>OPTIONS</p> <ul style="list-style-type: none"> • Gyne-Iotrimin, Monistat-3 • Terazol-3 <p>AVOID</p> <ul style="list-style-type: none"> • 1 Day Creams 	