

Safe Medications

During pregnancy, women can be more susceptible to ailments like cold and 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 Salicylic Acid Clindamycin (topical) Erythromycin (topical)</p> <p>Avoid: Accutane Retin-A Tetracycline Minocycline</p>	<p>Antibiotics Ceclor Cephalosporins E-mycins Keflex Macrobin/Macroclantin Penicillin Zithromac</p> <p>Avoid: Cipro Tetracycline Minocycline Levaquin Bactrim</p>	<p>Cold/Allergies Benadryl, Claritin, Zyrtec, Flonase Chlor-Trimeton, Dimetapp Mucinex (guaifenesin) Sudafed**/Sudafed-12 hour** Tylenol Cold & Sinus</p> <p>**AVOID if problems with blood pressure and 1st trimester. Also, only use for short period.</p>
<p>Constipation Colace, Senakot Dulcolax Suppository Fibercon, Metamucil, Benefiber Fennel, Mint tea Miralax</p> <p>Diarrhea Imodium AD</p>	<p>Cough Actifed, Sudafed Cough Drops</p> <p>Phenergan w/Codeine if prescribed 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, Riopan Liquid or tabs, Gaviscon, Nexium, Rolaids, Prilosec *Pepcid Complete Tums (limit 4/day) *prefer to use these after 1st trimester</p>
<p>Hemorrhoids Anusol/Anusol HC (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 Potassium Water Dependant Stretches</p>
<p>Nasal Spray Saline Nasal Spray</p>	<p>Nausea Vitamin B6 25mg 3 times daily Unisom 1/4 or 1/2 tablet at bedtime vitramin B6 and Unisom at bedtime Dramamine, Emetrol Ginger Root 250mg 4 times a day High complex carbs @ bedtime Sea Bands-Acupressure</p>	<p>Pain Tylenol</p>
<p>Rash Benadryl 1% Hydrocortisone Cream</p>	<p>Sleep Aids Ambien, Benedryl, Nytol, Sominex 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 Terazol 3</p>	<p>Prenatal Vitamins Any over the counter prenatal vitamins that contain DHA Avoid Vitamin A in high doses > 5,000 IU</p>