Medications Safe to Use During Pregnancy

Dental Work: Local Anesthetic- Novacaine OK, Dental X-rays OK with Lead Apron.
NO Nitrous Oxide or Gas

Nausea of Pregnancy: Vitamin B6- 100 mg every morning & 200 mg at bedtime; advoid fats & fied foods, avoid high fiber foolds like uncooked fruits and vegatables.

Flu / Nausea & Vomiting from flu: Tamiflu, Clear liquids (tea, water, apple juice etc.) only for 24hrs, room temp liquids first, emetrol   **FLU SHOTS ARE SAFE**

Common Cold: Benadryl, Sudafed, Afrin nasal spray, Claratin, Robitussin DM, Vicks Formula 44, Halls cough drops

Coughing: Robitussin DM, Cough Lozenges, Cepacol throat spray OK, avoid cough preparations with "PE" (Pseudoephedrine)

Sinus Congestion: Sudafed Regular Strength 30 mg, Vic's Vapor-Rub, Saline Nose Drops, Sudafed Nasal Decongetant, Chlortimeton, Afrin nasal spray
        Breastfeeding mothers: Dimetapp, Drixoral

Sneezing / Itchy Eyes / Allergies: Alavert for allergies, Benadryl, Claritin D, Claritin, Chlor-Trimeton, Zyrtec
DO NOT USE: Patenol Eye Drops

Pain: Regular and extra-strength Tylenol (acetaminophen), Tylenol PM, Tylenol with Codeine

Infections: Penicillin, Amoxicillen, Ampicillin

Indigestion and Heartburn: Tums, Maalox, Mylanta, Pepcid, Gaviscon, Gelusil, Riopan, Zantac, Tagament HB

Constipation: Metamucil, Colace (occasional use ONLY), Citracel, Fibercon, Milk of Magnesia, Dulcolax, Surfak, Docusate, Perdiem Fiber, Senelot
Recommend: Increase dietary fiber, water intake & exercise. Eat dried fruit, drink prune juice

Diarrhea: Kaopectate, Immodium

Hemmorrhoids: Preparation H, Lanocaine, Tucks, Anusol, Cortaid, Hydrocortisone Cream

Skin Rash / Itching: Hydrocortisone 1/2% or 1 %, Benadryl 25MG or Benadryl Cream

Insomnia: Unisom

Yeast: Monistat Suppositories or Cream, Gyne-lotrimin Suppositories or Cream, Vagisil for itching,

Hair Coloring: Use Gloves. **Avoid in First Trimester**

ADDITIONAL MEDS THAT ARE SAFE:
Gas Mylicon, Gaviscon, Ginger Capsules, Ginger Root, Immodium, Kaopectate/10