

## Medications safe to take during pregnancy

We often are asked what is safe to take during pregnancy. It is not possible to say with complete confidence that any medication is safe in pregnancy. However, many remedies have been used for many years with little suggestion of harmful effects to the unborn. For your convenience, several of these are noted below. In general, the fetus is more susceptible to harmful effects of medication during the first three months than later in the pregnancy. Our advice is not to take any medication unless you really need to. If you are seriously sick consider the measures listed below or call our office and we will be happy to assist you.

Allergy	Benadryl, Claritin, Zyrtec
Cold and Flu	Tylenol, warm salt water gargle, saline nasal drops or spray, Sudafed PE, Actifed, Dristan, Neosynephrine, Robitussin DM, Vicks Cough Syrup, Halls  (Do not take SA (Sustained Action) forms of these drugs).
Constipation	Fiber One Cereals, Metamucil, Citrucil, Fiberall/Fibercon, Colace, Milk of Magnesia, Senokot, Miralax
Diarrhea	For 24 hours, only after 12 weeks of pregnancy:  Imodium
First Aid Ointment	Vitamin A&D, Bacitracin, Neosporin
Headache	Tylenol (DO NOT TAKE MOTRIN, IBUPROFEN, ADVIL OR ALEVE DURING PREGNANCY)
Heartburn	Zantac, Maalox, Mylanta, Tums, Pepcid, Prilosec OTC
Hemorrhoids	Preparation H, Anusol, Tucks, Witch hazel
Nausea and Vomiting	Vitamin B6 100mg tablet, Emetrol (if not diabetic)
Rashes	Hydrocortisone cream or ointment, Caladryl lotion or cream, Benadryl cream, Oatmeal bath (Aveeno)
Yeast Infection	Monistat or Terazol/Gyne-Lotrimin (It is not recommended to use any form of douches).