

# Recommended Medications

For common problems during pregnancy and breastfeeding

## Nausea and Vomiting

Vitamin B6 with or without Unisom @ night

Emetrol

Preggy Pops

Small frequent meals

Popsicles

Dry toast

Jell-O

Gatorade

Peppermints

## Hemorrhoids

Anusol HC

Preparation H

Proctofoam

Proctocream

Tucks

## Cough, sinus, and cold

Robitussin

Tylenol

Tylenol Cold and Flu

Dayquil

Actifed

Robitussin DM or DF

Robitussin cough drops

Mucinex Plain or DM

## Diarrhea

Immodium AD

## Gas Pains/Indigestion

Tums

Mylicon

Simethicone

## Constipation

Milk of Magnesia

Metamucil

Citrucil

Fibercon

Fiberchoice

Colace

Peri-Colace

Senekot

Dulcolax

Doxidan

## **Constipation**

Benefiber

Surfak

Miralax

## **Allergy**

Over the counter antihistamines

Zyrtec

Allegra

Benadryl (diphenhydramine)

Claritin

Tylenol Sinus and Allergy

## **Sore Throat**

Chloraseptic spray

Any type of throat lozenge

## **Fever**

Tylenol

Tylenol Extra strength

If fever is 100.6 or above, call the office.

## **Headache**

Tylenol

\*\*\*Do not use any products containing Aspirin or Ibuprofen unless directed to do so. In the 1<sup>st</sup> 3 months of pregnancy, you should try to avoid taking any medications (prescription or over the counter).\*\*\*

During breastfeeding, products containing Aspirin and Ibuprofen are okay to take.

## **Painting and Extermination**

Avoid if at all possible (well ventilated area)

## **Hair coloring**

Not during the 1<sup>st</sup> Trimester

## **Travel**

Ok up to 32 weeks, encourage hourly ambulation

## **Vaginal Infections**

1<sup>st</sup> trimester: Over the counter

Antifungal Creams (E.G Monistat)

## **Dental Meds**

Novacaine

x-ray with shield if necessary

Penecillin

Tylenol #3

Darvocet

Z-Pak

## **TB Test :OK**

## **Flu Shot: OK**