

ALTHOUGH WE RECOMMEND AVOIDING MEDICATIONS ESPECIALLY DURING THE FIRST TRIMESTER, THE FOLLOWING MEDICINES ARE CONSIDERED SAFE IN PREGNANCY IF TAKEN AS PRESCRIBED AND USED IN MODERATION

PAIN RELIEVERS/FEVER REDUCERS

Acetaminophen (Tylenol) (DO NOT EXCEED 3000mg in 24 hours)
Do not take aspirin and ibuprofen (Ibuprofen, Naprosyn, and Aleve, Pepto-bismol)

COLD/FLU/ALLERGIES

Sudafed, Tylenol Cold, Robitussin DM for cough, Benadryl, Chlor Trimeton, Lozenges, Alavert D, Allegra D, Zyrtec, Claritin D, Flonase, Rhinocort.
Saline Nasal Spray, Nasal Irrigation and Salt Water Gargle.

ANTIBIOTICS

Penicillin, Ampicillin, Amoxicillin, Zithromycin, Macrobid and erythromycin are a few of the many safe antibiotics when prescribed by primary care physicians.

LAXATIVES/STOOL SOFTNERS

Metamucil, Citrucel, Fibercon, Imodium, Colace, Miralax, Senna, Benefiber. Glycerine Suppositories (unless your provider advises you not to use rectal suppositories)

ANTACIDS/NAUSEA

Mylanta, Maalox, Tums, Gaviscon, GasX, Pepcid

NAUSEA

DICLEGIS, Unisom Sleep tabs (25 mg Doxylamine) Vitamin B6 25 Mg

VAGINAL YEAST/HEMORRHOIDS/TOPICAL

Monistat or other over the counter 7 day yeast treatments. Nature Plus Natural Cleansing Bar, Preparation H, Anusol, Hydrocortisone, Ben Gay, Tiger Balm, Therapatch

ITCHING/BUG BITES

Aveno Products, Sama, Grandpa's Pine Tar Products, Gold Bond anti-itch Products.