



## **Medications You May Take During Pregnancy**

These medications have been approved by your physician for use during pregnancy and breast-feeding. Medications cross the placenta in pregnancy and many medications are excreted in the breast milk. It is advisable to avoid medications during the first trimester of pregnancy if possible.

Please call the office during office hours to consult with the a nurse or physician before taking any medications not listed, if your symptoms are unrelieved after 2-3 days of using over the counter (OTC) medications, if your symptoms worsen, or if you are unsure & have any questions. (\* indicates prescription is required)

### **Allergies & Upper Respiratory Symptoms:**

Please be aware that many cold remedies contain similar medications or active ingredients.

Please read the label and make sure you are not taking multiple doses of the same medications.

**Antihistamines help relieve allergy symptoms (sneezing, itching, runny nose & watery eyes):**

Claritin, Allegra, Zyrtec, Benadryl

**Plain decongestants help break up head congestion & relieve sinus pressure:**

Actifed, pseudoephedrine hcl (behind the pharm. counter but do not require a prescription in TN),

**Expectorants help loosen phlegm/mucous:** Mucinex (Plain), Robitussin (Plain)

**Nasal Sprays:** Ocean Mist, Saline Nasal Spray, Flonase (OTC, Cat C), Rhinocort Aqua\* (Prescription, cat.B)

**Cough Suppressants help quiet a cough:** cough drops, Delsym, Tessalon Perels\*

**Sore Throat Relief:** Chloraseptic throat spray or any lozenges

**Combination Medications contain 2 or more active medications listed above so pay close attention to the active ingredients and the symptoms they treat:** Claritin D, Deconamine SR, Mucinex D, Mucinex DM, Robitussin DM, Robitussin CF, Tylenol Cold & Sinus, Alka-Selzer Plus Cold & Sinus Non-Drowsy Effervescent Tablets

**Antibiotics:** Require a prescription but if prescribed by a doctor are ok to take in pregnancy:

Amoxicillin\*, Flagyl\* (after 1<sup>st</sup> trimester), Keflex\*, Z-Pack\*

### **Gastrointestinal Issues:**

**Acid Reflux:** Pacid, Pepcid Complete, Prevacid, Zantac

**Indigestion:** Gaviscon, Maalox, Mylanta, Tums or Rolaids

**Constipation:** Colace (Docusate), Fibercon, Metamucil, Milk of Magnesia, Miralax, Peri-Colace, Senokot

**Diarrhea:** Imodium, Imodium AD

**Nausea & Vomiting:** Emetrol (OTC), Sea Band motion sickness band, Phenergan\*, Reglan\*, Zofran\*, Diclegis\* ( you can take Unisom ½ of a tablet 2 times a day and Vitamin B6 25mg 3 times a day in place of prescription Diclegis)

**Headaches:** Tylenol Regular or Extra Strength (no more than 4,000mg in 24 hours), Ezol\*

**Hemorrhoids:** Anusol, Anusol HC, Preparation H, Tucks Pads

**Sleep Aids:** Benadryl, Unisom, Sominex, Tylenol PM

### **Yeast Infections (Vaginal Yeast):**

Gyne-Iotrimin, Monistat 7 cream or suppositories, Terazol\* (3 day or 7day)

Gynecort 10 (for external use only).

**Dental Work:** Certain Antibiotics & pain medications are ok in pregnancy, Local anesthetics are ok, NO Gas/Nitrous, X-Rays are ok only if abdomen is shielded.

**Vaccines:** Flu Vaccine\*, Hepatitis Vaccine\*, Tetanus Vaccine\*

**DO NOT TAKE:** Advil, Aleve, Aspirin, Diflucan, Ibuprofen, Motrin, Nuprin, Nasal Spray not listed above, TB Skin Tests