

## Approved Pregnancy Medication List

During pregnancy, women can be more susceptible to ailments like cold and flu and other conditions. Only certain medications are safe during pregnancy. The following are considered safe. Follow the labels for dosage and directions. Please contact your care center if you have additional questions.

<p><b>Acne</b> Clindamycin Topical Erythromycin AVOID: Accutane, Retin-A, Tetracycline, Minocycline, Vitamin A in addition to prenatal vitamin</p> <p><b>Allergy</b> (Plain formulas recommended) Benadryl (Diphenhydramine) Claritin (Loratidine) Zyrtec (Cetirizine) Nasal saline rinse</p> <p><b>Antibiotics</b> Ceclor Cephalosporins E-mycins Keflex Macrobid/Macrodantin Penicillin Zithromax Bactrim (AVOID in 3rd Trimester) AVOID: Cipro, Tetracycline, Minocycline, Levaquin</p> <p><b>Cold/Sinus</b> Saline nasal sprays Vicks Vapor Rub Benadryl Robitussin DM (Dexamethrophan) Mucinex (guaifenesin) Chloraseptic spray Bedside humidifier Halls cough drops</p> <p><b>Constipation</b> Miralax Colace (Docusate Sodium) Fibercon Metamucil Magnesium Culturelle chewable probiotic Citrucel</p>	<p><b>Diarrhea</b> Culturelle Chewable Probiotic Imodium AD</p> <p><b>Gas</b> Gas-X Mylicon Phazyme</p> <p><b>Headache</b> Cold compress Increased fluid intake Tylenol (Acetaminophen) Regular or Extra Strength Peppermint essential oil applied to temples (if no problem with high blood pressure) Lavendar rice pack around neck</p> <p><b>Heartburn/Upset Stomach</b> Avoid lying down for at least 1 hour after meals Maalox Mylanta Pepcid AC (Famotidine) Pepcid Complete Rolaids Tums (limit 6 per day) Gaviscon Prilosec Aciphex</p> <p><b>Hemorrhoids</b> Preparation H Anusol/Anusol H.C. Tucks (witch hazel) pads Hydrocortisone OTC Vaseline Lotion applied to tissue</p> <p><b>Herpes</b> Acyclovir Famvir Valtrex</p> <p><b>Leg Cramps</b> Tums</p>	<p><b>Lice</b> Rid AVOID: Kwell</p> <p><b>Nausea and Vomiting</b> Emetrol Unisom (Doxylamine) Diclegis Vitamin B6 Dramamine Ginger Root 250 mg, 4 x daily Sea bands High complex carbs at bedtime Peppermint Acupressure</p> <p><b>Pain</b> Tylenol (Acetaminophen)</p> <p>AVOID: Ibuprofen (Motrin, Advil) and Naprosyn (Aleve)</p> <p><b>Rash</b> Benadryl 1% Hydrocortisone Cream</p> <p><b>Sleep Issues</b> Benadryl Unisom Tylenol PM Lavendar Essential Oil Warm Milk-add vanilla or sugar for flavor</p> <p><b>Tooth Pain</b> Oragel</p> <p><b>Yeast Infection</b> (7 day creams preferred) Monistat Gyne-lotrimin Terazol AVOID: 1 day creams</p>
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