

# MEDICATIONS APPROVED FOR PREGNANCY



## ALLERGIES

- ZYRTEC
- CLARITIN
- BENADRYL (25 MG TO 50 MG PER DAY)
- DIMETAP
- ACTIFED

## COLD & FLU SYMPTOMS

- TYLENOL (REGULAR, EXTRA STRENGTH, COLD AND SINUS)
- SUDAFED
- ROBITUSSIN (PLAIN OR DM)
- TRIAMINIC
- HALLS WITH ZINC (ANY COUGH DROPS ARE OK, BUT WE PREFER HALLS)
- OCEAN MIST NASAL SPRAY (SALINE SPRAYS ARE OK. AVOID ANY OTHER NASAL SPRAYS)

## CONSTIPATION

- COLACE
- METAMUCIL/CITRACIL
- SURFAK
- MILK OF MAGNESIA

**SUGGESTIONS:** EAT FIBER CONTAINING FOODS (WHOLE GRAINS, FRUITS AND VEGETABLES, BEANS, AND NUTS) & DRINK WATER

## DIARRHEA

- IMODIUM
- KAOPECTATE

## HEADACHES

- TYLENOL (REGULAR OR EXTRA STRENGTH)

**SUGGESTIONS:** SNACK ON CARBOHYDRATES (FRUIT, CRACKERS, BREAD, ETC) EVERY HOUR AND DRINK PLENTY OF FLUIDS.

## HEMORRHOIDS

- ANUSOL
- TUCKS
- PREPARATION H

## MORNING SICKNESS

- UNISOM AND VITAMIN B6
- DRAMAMINE (PLAIN)
- EMETROL

**SUGGESTIONS:** EAT SMALL FREQUENT MEALS, TRY GINGER ALE, EAT SOME CARBOHYDRATES (CRACKERS, FRUIT, ETC) WHEN YOU FIRST WAKE UP, POPSICLES ARE GREAT, AND BLAND FOODS ARE USUALLY BEST.

## SKIN RASHES

- BENADRYL CREAM
- HYDROCORTISONE CREAM (1% OR 5%)
- ZYRTEC
- CLARITIN

## TROUBLE SLEEPING

- TYLENOL PM
- BENADRYL (25 MG TO 50 MG PER DAY)

## VAGINAL YEAST INFECTION

- MONISTAT (3 DAY TREATMENT)

## HEART BURN

- ZANTAC (75 MG OR 150 MG- USE AS DIRECTED)
- TUMS
- PREVACID (LANSOPRAZOLE)

**SUGGESTIONS:** DON'T LIE DOWN AFTER EATING, AVOID SPICY FOODS, AND SLEEP PROPPED UP ON A PILLOW.

IF YOU HAVE ANY QUESTIONS ABOUT THE APPROVED MEDICATIONS FOR PREGNANCY, PLEASE CONTACT OUR OFFICE AT (702) 438-4692