



# Safe Medications During Pregnancy

## ALLERGY/COLD

### Postnasal drip & thick mucous

- Mucinex (Guaifenesin) or other mucolytics
- Sinus rinses with distilled water, never tap water

### Antihistamine

(for itching, sneezing or "dripping")

- Zyrtec
- Chlor-Trimeton
- Benadryl
- Claritin, **NOT** Claritin-D

## NASAL CONGESTION

- Saline Nose drops
- Anti-inflammatory nasal sprays
- **NO** Afrin or nasal spray decongestants

## SORE THROAT

- Chloraseptic
- Warm salt water gargles
- Any throat lozenge – except Ricola

Follow-up with your physician or APC if accompanied by a fever or persists  $\geq 3$  days.

## HEADACHE/DENTAL PAIN

- Tylenol (Acetaminophen)
- Extra Strength is **OK**

Call your physician or APC if headache is associated with vision changes, extra swelling or abdominal pain, or not relieved by Tylenol.

Standing order for dental care available through the triage nurses.

## FEVER

- Tylenol (Acetaminophen)
- Extra Strength is **OK**

Take for temperature  $\geq 100.4$  or as needed for discomfort.

## GAS/FLATUS

- Mylanta Gas

## HERPES

If needing a prescriptive medication check with your physician or APC.

The above is a list of medications and additional suggestions considered safe by ARC physicians to help treat common conditions. *Please remember that it is not recommended any drug to be used for an extended period of time, especially in the first trimester of pregnancy.* Be sure to discuss any prescribed medications you are taking regularly with your provider at your first visit. Feel free to speak with us regarding any concerns that you may have regarding you or your baby's health. You can call your OB/GYN office; choose option 4 to speak to our triage nurses. **Avoid any non-steroidal, anti-inflammatory drugs such as Aspirin, Ibuprofen, Advil, Aleve, or Motrin. Don't take ANY form of Accutane.**

## DIARRHEA

- Kaopectate
- Imodium
- Avoid Pepto Bismol
- Avoid milk/dairy

Increase clear liquids for 48 hours.

## HEARTBURN/INDIGESTION

- Mylanta
- Riopan
- Maalox
- Tums
- Roloids
- Gaviscon
- Pepcid
- Tagamet
- Zantac

Liquid is more effective than tablets.

Avoid Alka-Seltzer or Pepto Bismol.

Avoid large, greasy, or spicy meals.

Try eating yogurt or milk before meals.

## HEMORRHOIDS

- Preparation H
- Tucks pads
- Anusol cream or suppositories
- Warm salt water soaks

## INSOMNIA

- Benadryl
- Tylenol PM
- Unisom

## COUGH

- Robitussin
- Delsym

Do not use any products that contain alcohol or pseudoephedrine.

## BACK PAIN

- Tylenol (Acetaminophen)
- Extra Strength is **OK**

Call your physician or APC with any contractions, vaginal bleeding, or discharge.

## NAUSEA

- Emetrol
- Vitamin B6 & Unisom
- (Pyridoxine) 25mg/day

Avoid dairy, greasy, spicy foods.

Try clear liquids.

Call physician or APC if you are not able to keep anything down for 24 hours.

## CONSTIPATION

- Surfak
- Colace, Pericolace
- Metamucil
- Fibercon
- Milk of Magnesia
- Citrucel
- MiraLAX (polyethylene glycol 3350)

Increase clear fluids (ginger ale, 7up, Gatorade, broth, popsicles).

## SKIN IRRITATION

- Aquaphor Ointment
- Calamine
- Corticaine
- Lanacort

## SKIN CARE/ACNE

- Topical Salicylic Acid
- Topical Benzoyl peroxide
- Glycolic Acid

Retinoids and Isotretinoin are not recommended in pregnancy.

Please read labels carefully and reach out to your physician or APC if the ingredients are not listed.

## SYMPTOMS OF A VAGINAL YEAST INFECTION

- Monistat 7 (Miconazole 7)

If unsure symptoms are that of a yeast infection or symptoms continue after treatment, contact the OB/GYN nurse triage line.