

## Safe Medications

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 relatively safe, but you should use these very sparingly, especially decongestants of any kind. Prescription medications should be taken exactly as directed and you should check with us before starting any new prescription. Follow the labels for dosage and directions.

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| <b>ACNE</b><br>Benzoyl Peroxide<br>Clindamycin<br>Topical Erythromycin<br>Salicylic Acid ( <b>Avoid in 3<sup>rd</sup> trimester</b> )<br><b>AVOID: Accutane</b><br><b>Retin-A</b><br><b>Tetracycline</b><br><b>Minocycline</b> | <b>ANTIBIOTICS</b><br>Ceclor<br>Cephalosporins<br>E-mycin<br>Keflex<br>Macrobid/ Macroclantin<br>Penicillin<br>Zithromax<br><b>AVOID: Cipro</b><br><b>Tetracycline</b><br><b>Minocycline</b><br><b>Levaquin</b><br><b>Bactrim</b> | <b>COLDS/ALLERGIES</b><br>Benadryl, Claritin, Zyrtec<br>Chlor-Trimeton, Dimetapp<br>Mucinex(guaifenesin)<br>Sudafed**/Sudafed-12 Hour**<br>Tylenol Cold & Sinus**<br>Vicks Vapor Rub<br><b>**AVOID if problems with blood pressure</b> |
| <b>CONSTIPATION</b><br>MiraLAX, Colace,<br>Dulcolax Suppository, Metamucil,<br>Milk of Magnesia  | <b>COUGH</b><br>Cough Drops<br>Robitussin (Plain & DM)  | <b>LICE</b><br>RID<br><b>AVOID: Kweil</b>  |
| <b>GAS</b><br>Gas-X<br>Mylicon<br>Phazyme  | <b>HEADACHES</b><br>Cold Compress<br>Tylenol/ Acetaminophen<br>Caffeine (up to 200mg per day)   | <b>HEARTBURN</b><br>Avoid lying down for at least 1 hour after meals<br>Aciphex, Maalox, Mylanta, Pepcid, Prilosec, Rolaids, Tagamet, Tums, Omeprazole, Lansoprazole   |
| <b>HEMORRHOIDS</b><br>Hydrocortisone, OTC<br>Preparation H<br>Tucks pads   | <b>HERPES</b><br>Acyclovir<br>Valtrex/ Valacyclovir   | <b>NASAL SPRAY</b><br>Saline Nasal Spray<br>Flonase  |
| <b>NAUSEA</b><br>Vitamin B6 25mg 3 times daily<br>Unisom ¼ or ½ tablet at bedtime<br>Dramamine<br>Emetrol<br>Ginger Root 250mg 4 times a day<br>Diclegis   | <b>PAIN</b><br>Tylenol  | <b>RASH</b><br>Benadryl<br>Hydrocortisone Cream  |
| <b>SLEEP AIDS</b><br>Benadryl, Chamomile Tea, Unisom, Tylenol PM   | <b>THROAT</b><br>Cepacol<br>Cepastat<br>Throat Lozenges   | <b>TOOTH PAIN</b><br>Oragel<br>Can be treated by Dentist   |
| <b>YEAST INFECTION</b><br>Monistat-3<br>Terazol-3  |   |  |