

## MEDICATIONS DURING PREGNANCY

Some drugs should not be taken during pregnancy. The following list contains medications that are recommended only as needed by your physician.

During the first four months of your pregnancy, you should try to avoid any medications unless it is prescribed or approved by a doctor who knows you are pregnant. If you have any questions, you should call your provider's office.

Since any drug is potentially unsafe, always let your healthcare provider know about any medication that you are taking.

Over the counter medication recommendations:

<b><u>PROBLEM</u></b>	<b><u>MEDICATION</u></b>
HEADACHE	TYLENOL AVOID aspirin/salicylates, ibuprofen (Motrin, Advil).
COLDS	First, rest and drink plenty of fluids. Use a vaporizer. If you need medication in addition, you may obtain: TYLENOL for aches and fever ROBITUSSIN DM for cough SUDAFED, BENADRYL or OCEAN MIST NASAL SPRAY for nasal congestion CEPACOL LOZENGES for sore throat, or COLD-EZE ZINC LOZENGES within 1 <sup>st</sup> 48 hours of feeling a cold start.
CONSTIPATION	METAMUCIL, MILK OF MAGNESIA Bran, prunes, fruit, fruit juices, COLACE (stool softener).
DIARRHEA	Drink plenty of clear liquids. Bland diet and Jello. If it lasts more than 24 hours: use IMODIUM AD
INDIGESTION	For heartburn, use: TUMS, MAALOX, TAGAMET HB.
HEMORRHOIDS	PREPARATION H, ANUSOL.
NAUSEA and/or VOMITING	VITAMIN B6, 50 mg twice a day, or DRAMAMINE.
BLOODY NOSE	OCEAN MIST NASAL SPRAY.
GAS	MYLICON
SORE THROAT (from dryness)	THROAT LOZENGES, CEPACOL, COLD-EZE LOZENGES.

If your symptoms do not improve within three days, call the office. Unfortunately antibiotics will not treat cold and flu symptoms, which are caused by a virus. If a sore throat persists accompanied with fever greater than 100.4 degrees, an antibiotic may be needed, and a throat culture may be necessary. If you have any questions, please call our office.

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