

## 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 prescriptions. Follow the labels for dosage and directions. Contact the office with questions.

<p><b>Acne</b> Benzoyl Peroxide Clindamycin Topical Erythromycin Salicylic Acid <b>Avoid: Accutane</b> <b>Retin-A</b> <b>Tetracycline</b> <b>Minocycline</b></p>	<p><b>Antibiotics</b> Ceclor Cephalosporins E-mycins Keflex Macroid/Macrodantin Penicillin Zithromax <b>Avoid: Cipro</b> <b>Tetracycline</b> <b>Minocycline</b> <b>Levaquin</b></p>	<p><b>Colds/Allergies</b> Benadryl, Claritin, Zyrtec Claritin-D** Chlor-Trimeton, Dimetapp Drixoral-Non Drowsy Mucinex (guaifenesin) Sudafed**/Sudafed-12 Hour** Sudafed PE Pseudoephedrine** Tylenol Cold &amp; Sinus** Vicks Vapor Rub <b>**Avoid if Problems With Blood Pressure</b></p>
<p><b>Constipation</b> Colace, MiraLAX, Senakot Dulcolax Suppository Fibercon, Metamucil</p>	<p><b>Cough</b> Cough Drops Phenergan w/Codeine if prescribed Robitussin (plain &amp; DM)</p>	<p><b>Crab/Lice</b> RID <b>Avoid: Kwell</b></p>
<p><b>Gas</b> Gas-X Mylicon Phazyme</p>	<p><b>Headaches</b> Cold Compress Tylenol (Regular or Extra Strength) Acetaminophen</p>	<p><b>Heartburn</b> (Avoid lying down for at least 1 hour after meals) Aciphex, Maalox, Mylanta, Pepcid, Milk of Magnesia Prilosec, Rolaids Zantac Tums (limit 4/day)</p>
<p><b>Hemorrhoids</b> Anusol/Anusol H.C. (RX: Analapram 2.5%) Hydrocortisone OTC Preparation H, Tucks Vaseline lotion applied to tissue</p>	<p><b>Herpes</b> Acyclovir Famvir Valtrex</p>	<p><b>Nasal Spray</b> Saline Nasal Spray</p>
<p><b>Nausea</b> Vitamin B6 25mg 3 times daily Unisom ¼ or ½ tablet at bedtime Dramamine, Emetrol Ginger Root 250 mg 4 times daily High Complex Carbs @Bedtime Sea Bands- Acupressure RX: Diclegis</p>	<p><b>Pain</b> Tylenol, Darvocet** Lortab**, Percocet** Tramadol**, Tylenol 3** Ultram**, Vicodin** <b>**Narcotic medications should only be used when prescribed for a legitimate medical problem by a doctor for a short period of time</b></p>	<p><b>Rash</b> Benadryl 1% Hydrocortisone Cream</p>
<p><b>Sleep Aids</b> Benadryl Chamomile Tea Unisom, Tylenol PM Warm milk-add vanilla or sugar</p>	<p><b>Throat</b> Cepacol Cepastat Salt Water Gargle w/ warm water Throat Lozenges</p>	<p><b>Tooth Pain</b> Oragel</p>
<p><b>Yeast Infection</b> Gyne-Lotrimin, Monistat-3 or 7 Terazol-3 or 7 Avoid 1 Day Creams</p>		