

Safe Medications in Pregnancy



Allergies

You may safely take:

- Benadryl
- Sudafed

Colds and Flu

You may safely take:

- Tylenol for aches and pains
- Sudafed for congestion
- Robitussin for coughing
- Chloraseptic/Cepacol lozenges for sore throat

Your should be seen for:

- Fever over 101 for 2-3 days
- Coughing up a lot of phlegm
- Not improving in 2-3 days
- Anytime you are worried

Constipation:

You may safely take:

- Konsyl stool softener and natural laxative
- Milk of magnesia
- Colace for very hard stools. Use twice a day, takes about a week to work.

Dental



You may safely take:

- Dental X-rays with lead abdominal shield
- Novocaine or other numbing medicine by needle
- Some antibiotics and pain pills

You should not:

Receive general anesthesia

Diarrhea

You may safely take:

- Kaopectate
- Pepto Bismol
- BRAT diet: Clear liquids first day, Bananas, Rice, Applesauce and Tea second day.

You should be seen for:

- Fever
- Not improving in 2-3 days
- Weak and dizzy
- Unable to urinate or urine very dark and concentrated



Heartburn/Gas

You may safely take:

- Mylanta
- Maalox
- Tums

You should be seen for:

- Bad abdominal pain

Headache

You may safely take:

- Tylenol (regular or extra strength) 2 tabs every 4 hours
- DO NOT take aspirin or ibuprofen (Advil, Excedrin, Motrin)

You should be seen for:

- Dizziness or blurred vision
- Headache that does not go away with rest and Tylenol

Hemorrhoids

You may safely take:

- Metamucil daily to keep stools soft
- Preparation H or Anusol as directed on the box

Leg Cramps, especially in both legs

You may safely take:

- Oscal 500 or similar over-the-counter calcium, twice a day.

You should be seen for:

- Only one leg hurting all the time.

Nausea and Vomiting

You may safely take:

- Pepto Bismol
- Emetrol

You should be seen for:

- Unable to keep liquids down for more than one day
- Weak and dizzy (dehydrated)
- Unable to urinate or urine very dark and concentrated