**Recommended Medications**

For common problems during pregnancy and breastfeeding

**Nausea and Vomiting** Robitussin DM or DF

Vitamin B6 with or without Unisom @ night Robitussin cough drops

Emetrol Mucinex Plain or DM

Preggy Pops

Small frequent meals

Popsicles **Diarrhea**

Dry toast Immodium AD

Jell-O

Gatorade **Gas Pains/Indigestion**

Peppermints Tums

 Mylicon

**Hemorroids** Simethicone

Anusol HC

Preparation H  **Constipation**

Proctofoam Milk of Magnesia

Proctocream Metamucil

Tucks Citrucil

 Fibercon

**Cough,sinus, and cold** Fiberchoice

Robitussin Colace

Tylenol Peri-Colace

Tylenol Cold and Flu Senekot

Dayquil Dulcolax

Actifed Doxidan

**Constipation Painting and Extermination**

Benefiber Avoid if at all possible (well ventilated

Surfak area)

Miralax **Hair coloring**

 Not during the 1st Trimester

**Allergy**

Over the counter antihistamines **Travel**

Zyrtec Ok up to 32 weeks, encourage hourly

Allegra ambulation

Benadryl (diphenhydramine)

Claritin **Vaginal Infections**

Tylenol Sinus and Allergy 1st trimester: Over the counter

 Antifungal Creams (E.G Monistat)

**Sore Throat**

Chloraseptic spray **Dental Meds**

Any type of throat lozenge Novacaine

 x-ray with shield if necessary

**Fever** Penicillin

Tylenol Tylenol #3

Tylenol Extra strength Darvocet

If fever is 100.6 or above, call the office. Z-Pak

**Headache TB Test :OK**

Tylenol **Flu Shot: OK**

\*\*\*Do not use any products containing Aspirin or Ibuprofen unless directed to do so. In the 1st 3 months of pregnancy, you should try to avoid taking any medications (prescription or over the counter).\*\*\*\*

During breastfeeding, products containing Aspirin and Ibuprofen are okay to take.