



****** ALWAYS CONSULT YOUR PHYSICIAN IF YOU HAVE QUESTIONS/OR CONCERNS******

Medications/Products/Treatments that are SAFE to take during Pregnancy

Antibiotics

- Penicillin, Azithromycin (Z-Pack), Cephalexin (Keflex), nitrofurantoin (Marcobid), Amoxicillin, Augmentin
- As prescribed by a physician. You may call to check safety.

Cold and Flu

- Diphenhydramine (Benadryl)
- Guaifenesin (Robitussin plain) NOT ROBITUSSIN DM
- Guaifenesin (Mucinex tablets plain) NOT MUCINEX D
- Vicks Vapor Rub® mentholated cream
- Cepacol Lozenges (Benzocaine Lozenges) for sore throat/cough
- Mentholated or non-mentholated cough drops
- Regular or Extra Strength Acetaminophen (Tylenol)
- Saline nasal drops or spray
- Warm salt/water gargle

**Do not use ANY Nyquil due to its high alcohol content.
DO NOT TAKE ANY MEDICATIONS THAT CONTAIN Phenylpropanolamine
NO AIRBORNE TYPE PRODUCTS**

Nausea and Vomiting

- Take Vitamin B6 three times a day and one Unisom SleepTabs (DOXYLAMINE) 25 mg at night

Yeast Infection

- Miconazole (Monistat)

Allergy/Congestion

- Diphenhydramine (Benadryl)
- Loratidine (Claritin)
- Cetirizine (Zyrtec)
- Rhinocort Aqua
- Fexofenadine (Allegra)
- Chlorpheniramine (Chlor-Trimeton)
- Saline Nasal Spray

**DO NOT TAKE ANY MEDICATION CONTAINING PSEUDOEPHEDRINE WITHOUT CONSULTING
WITH YOUR PHYSICIAN**



Headache/Fever/Body Aches

- Regular or Extra Strength Acetaminophen (Tylenol) Call if your temperature is OVER > 101.0

NO NSAIDS UNLESS DIRECTED BY YOUR PHYSICIAN

Example of NSAIDS: IBUPROFEN "Motrin or Advil", NAPROXEN "Aleve"

Sleep-Aid

- Diphenhydramine (Unisom Sleep Gels, Benadryl) Rashes/Itching/Poison Ivy
- Diphenhydramine cream (Benadryl)
- Diphenhydramine tablet (Benadryl)
- 1% Hydrocortisone cream or ointment
- Oatmeal bath (Aveeno)
- Calamine Lotion
- Please notify the office if no relief within 24 hours.

First Aid Ointment/Cuts/Scrapes

- Bacitracin
- Neomycin/polymyxin B/bacitracin (Neosporin)
- Constipation
- Docusate (Colace) up to three times per day
- Psyllium (Fiberall, Metamucil)
- Polycarbophil (FiberCon)
- Polyethylene glycol (MiraLAX) NO LAXATIVES UNLESS PRESCRIBED BY YOUR PHYSICIAN

Gas

- Simethicone (Mylicon, Gas-X, Phazyme) Heartburn
- Calcium carbonate (Tums, Rolaids)
- Famotidine (Pepcid) Hemorrhoids
- Phenylephrine/mineral oil/petrolatum (Preparation H) ☒ Witch hazel (Tucks pads or ointment)
- Insect repellent
- N,N-diethyl-meta-toluamide (DEET)

Dental Care

- Local anesthesia such as lidocaine WITHOUT epinephrine
- Dental x-rays with abdominal shield after 20 weeks if needed
- Personal Care
- You may color your hair. Make certain that the area is well ventilated so you don't get nauseated.
- Waxing may be performed
- Elective procedure such as laser hair removal should be postponed until after the pregnancy