

## APPROVED LIST OF MEDICATIONS IN PREGNANCY

Medications and supplements should be avoided during pregnancy, if possible. If you have symptoms or medical conditions develop that are not significantly troublesome during your pregnancy, the following list

of over-the-counter medication have been approved to take in limited amounts. If you have any questions or concerns, please call the phone nurse or discuss them with your physician at your next visit.

INDICATIONS	MEDICINES	
Nasal Congestion	<ul style="list-style-type: none"> <li>Allegra</li> <li>Claritan</li> <li>Benadryl</li> <li>Zyrtec</li> </ul>	<ul style="list-style-type: none"> <li>Tylenol Cold</li> <li>Saline Nasal Spray</li> <li>Ocean Nasal Spray</li> </ul>
Cough	<ul style="list-style-type: none"> <li>Robutissin</li> <li>Delsym</li> </ul>	
Dry, Scratchy, Sore Throat	<ul style="list-style-type: none"> <li>Throat lozenge of your choice</li> </ul>	
Fever, Aches, and Pain	<ul style="list-style-type: none"> <li>Extra Strength Tylenol</li> </ul>	
Heartburn	<ul style="list-style-type: none"> <li>Antacids (Gelusil, Maalox, Mylanta, Rolaids, Tums)</li> <li>Famotidine (Pepcid)</li> </ul>	<ul style="list-style-type: none"> <li>Ranitidine (Zantac)</li> <li>Prilosec</li> <li>Prevacid</li> </ul>
Stool Softener	<ul style="list-style-type: none"> <li>Colace (Docusate)</li> <li>Dialose Plus</li> <li>Metamucil</li> </ul>	<ul style="list-style-type: none"> <li>Milk of Magnesia</li> <li>Miralax</li> </ul>
Hemorrhoids	<ul style="list-style-type: none"> <li>Anusol HC or Plain Preparation H</li> <li>Witch Hazel Tucks Pads</li> </ul>	
Diarrhea	<ul style="list-style-type: none"> <li>Imodium AD</li> </ul>	
Yeast Infections	<ul style="list-style-type: none"> <li>Monistat (after 1st trimester)</li> </ul>	
Lice	<ul style="list-style-type: none"> <li>Rid Shampoo</li> </ul>	
Hair Highlighting	<ul style="list-style-type: none"> <li>Anytime</li> </ul>	
Injections	<p><b>Dental Work:</b> Novocaine</p> <p><b>Allergy Shots:</b> Okay if started before pregnancy</p> <p><b>TB TEST:</b> Mantoux (after 1st trimester)</p>	<p><b>FLU and H1N1 Vaccine:</b> Anytime</p> <p><b>TDap Immunization:</b> 3rd Trimester</p>