

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

Acne Benzoyl Peroxide Clindamycin Topical Erythromycin Salicylic Acid Avoid: Accutane Retin-A Tetracycline Minocycline	Antibiotics Cephalosporins Penicillin Zithromax Avoid: Ciprofloxacin Tetracycline Minocycline Levaquin	Colds/Allergies Diphenhydramine Loratadine Cetirizine Chlorpheniramine Brompheniramine Guaifenesin Vicks Vapor Rub
Constipation Miralax, Docusate Sodium Dulcolax Suppository Fibercon, Metamucil	Cough Cough Drops Guaifenesin	Crab/Lice RID Avoid: Kwell
Gas Simethicone	Headaches Acetaminophen	Heartburn Famotidine Lansoprazole Ranitidine Pepcid Complete Rolaids Tums
Hemorrhoids Anusol/Anusol H.C. (RX: Analapram 2.5%) Hydrocortisone OTC Preparation H, Tucks Vaseline lotion applied to tissue	Herpes Acyclovir Famvir Valacyclovir	Leg Cramps Diphenhydramine
Nasal Spray Saline Nasal Spray	Nausea Vitamin B6 25mg 3 times daily Dimenhydrinate Doxylamine Vitamin B6 and Unisom at bedtime Emetrol Ginger Root 250mg 4 times daily	Pain Acetaminophen Oxycodone** Hydrocodone** Codeine** Tramadol** **Narcotic medications should only be used when prescribed for a legitimate medical problem by a doctor for a short period of time.
Rash Diphenhydramine 1% Hydrocortisone Cream	Sleep Aids Diphenhydramine Doxylamine Chamomile Tea Tylenol PM	Throat Cepacol Cepastat Salt Water Gargle w/ warm water Throat Lozenges
Tooth Pain Orajel	Yeast Infection Clotrimazole Miconazole (Monistat) Terconazole	