



MEDICATIONS SAFE IN PREGNANCY

COLDS/FLU/ALLERGIES

TAKE:

Tylenol (regular or extra strength),
Tylenol cold and flu or sinus
for aches, pain and fever
Sudafed/Benadryl for congestion
Robitussin for cough
Lozenges for sore throat

DO NOT TAKE ASPIRIN OR MOTRIN (IBUPROFEN)

CALL THE OFFICE IF:

Fever over 100.4
Coughing up green colored phlegm
Not getting better in 2-3 days
Anytime you are worried

CONSTIPATION

TAKE:

Any over the counter stool softener
Ex: **Milk of Magnesia, Colace, Fibercon, and
Metamucil, Konsyl**

DO NOT TAKE:

Any laxatives unless directed by
the office to do so

DIARRHEA

TAKE:

Imodium AD, Kaopectate
Bland diet: bananas, rice, applesauce, tea or toast
CALL THE OFFICE IF:
Fever, weak, dizzy or not improved in 24-48
hours.

HEARTBURN/GAS

TAKE:

Mylanta, Maalox, Tums, Riopan Plus
CALL THE OFFICE IF:
Severe abdominal pain

HEADACHES

TAKE:

Tylenol (regular or extra strength)
Take every 4 hours
DO NOT TAKE ASPIRIN OR MOTRIN
CALL THE OFFICE IF:
Blurred vision or headache persists

HEMORRHOIDS

USE:

Preparation H or Anusol

NOSEBLEEDS

Common in pregnancy

CALL THE OFFICE:

If persistent nosebleeds or you are worried

LEG CRAMPS

TAKE:

Tums, Oscal 500 or similar over the counter
calcium, twice a day. Limit caffeine(soda,pop)
Increase bananas, OJ intake.
CALL THE OFFICE IF:
One leg is hurting all the time

DENTAL WORK

It's OK to see a Dentist and have x-rays (with an
abdominal shield) if x-rays are necessary. You
can have local anesthetic, some antibiotics and
some pain pills.

HAVE YOUR DENTIST CALL US WITH QUESTIONS

LICE

USE: Nix