

NORTHEAST OB/GYN ASSOCIATES, P.L.L.C.  
MEDICATIONS APPROVED DURING PREGNANCY

During your pregnancy, you should try to avoid any medications unless necessary. This is a list of safe medications you may purchase over the counter.

- For fever, headache, and pain – Tylenol, Extra Strength Tylenol
- For constipation – Milk of Magnesia, Surfak, Colace, Konsyl, Metamucil, Fibercon, Hydrocil, fresh fruit, Miralax, glycerin suppositories
- For diarrhea – Kaopectate, Imodium AD, BRAT diet (bananas, rice, apples, toast)
- For cough – Robitussin DM, Benylin, Guaifenesin, Mucinex, Vicks Rub
- For sinus congestion – Sudafed, Sudafed PE, Saline nasal sprays, Tylenol Allergy and Cold, Mucinex, Mucinex D, Theraflu
- For allergy symptoms – Benadryl, Tavist D, Claritin, Claritin D, Chlortrimeton, Zyrtec, Alavert, Airborne
- For heartburn – Tums, Rolaids, Mylanta, Maalox, Mylicon, Pepcid, Zantac
- For leg cramps – Tums 5 times a day, if it does not seem to help, try Calcet or Fosfree.
- For nausea – Emetrol, frequent small meals, cookies, crackers, pretzels, ginger ale
- Hemorrhoids – Preparation H, Anusol, Tucks, Anamantle HC
- Sore Throat – warm salt water gargle, throat lozenges, Cepacol, Chloraseptic
- Dry Skin – Eucerin cream, Palmer’s Cocoa Butter
- For Insomnia: Benadryl, Tylenol PM

**If prescribed during pregnancy the following are safe to use:**

- Flonase / Nasonex
- Prednisone (Notify MD of Rx)
- Macrobid
- Azithromycin / Z-Pack
- Dramamine
- OTC Lice Shampoo / NIX
- Tamiflu

**All above are ok when breastfeeding plus medications below:**

- Motrin
- Amoxicillin / PCN’s
- Macrobid
- Hydrocodone / Codeine
- Cephalosporin’s / Keflex
- Gardasil

If any of your symptoms do not respond properly to the above medications, please call the office. This list is not intended to replace speaking to your doctor.

Hair permanents and cosmetic nails are thought to be safe during pregnancy.

Traveling is permitted up to 35 weeks gestation unless your pregnancy is high risk. Please discuss your travel plans with your doctor.

Dental work can be performed safely during pregnancy. Necessary dental work can be performed during pregnancy. Local anesthesia and some antibiotics and pain medicines can

also be used. If your dentist has questions, please encourage him/her to call. Abdominal/pelvic shields should be used when dental x-rays are required.