

**SAFE MEDICATION DURING PREGNANCY**

It is best to avoid taking any medications during pregnancy, especially during your first trimester. However, if your condition requires some treatment we recommend the following:

**Nausea/Vomiting:**

- Vitamin B6, 25mg twice a day
- Unisom 25mg, 1-2 times per day (may cause drowsiness) Eat small frequent meals (every 2 hrs) of complex carbohydrates (bread, pasta, potatoes, fruit)
- Rest
- If vomiting persist for longer than 24hrs call the office (there are prescription medication that can be used)

**Headache:**

- Drink 8 -12 glasses of water a day
- Tylenol or Extra-Strength Tylenol(do not take more than 8 tablets in 24 hrs)
- Rest
- You may try a small dose of caffeine at the onset of the headache

**Nasal congestion, cough, cold, allergy:**

- Sudafed (pseudoephedrine)
- Actifed (chlorpheniramine)
- Vicks vapo rub inside the nose or sinus area
- Robitussin DM, 1 tsp every 3-4hrs
- Dimetapp
- Benadryl (diphenhydramine) (may cause drowsiness)
- Claritin (loratadine)
- Humidifier during dry season
- Cough drops
- Chloraseptic(throat spray or lozenges)
- NaSal or Ocean saline nasal spray
- Neti Pot

**Constipation:**

- Drink 8-12 glasses of water a day
- Metamucil or Citrucel fiber powder, as directed
- Colace, as directed
- High fiber diet
- Milk of magnesia
- Prune Juice (4 oz day)
- Miralax, as directed

**Heartburn:**

- Mylanta
- Tums
- Pepcid
- Maalox
- Zantac
- Nexium
- Tagamet

**Diarrhea(non-bloody):**

- Imodium, as directed
- Kaopectate, as directed
- Bland diet (rice, toast, clear fluid)

**Hemorrhoids:**

- Tucks (witch hazel)
- Anusol HC
- Preparation H
- Sit in warm water (sitz bath)

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