

# MEDICATION REFERENCE LIST FOR PREGNANT WOMEN

These medications are approved for use during pregnancy and can be purchased over the counter. Do NOT take any unlisted medications without first asking your healthcare provider.

<p style="text-align: center;"><b><u>Antibiotics</u></b></p> <ul style="list-style-type: none"> <li>Consult your provider</li> </ul>	<p style="text-align: center;"><b><u>Diarrhea</u></b></p> <ul style="list-style-type: none"> <li>Imodium (Loperamide)</li> </ul>	<p style="text-align: center;"><b><u>Breast Care</u></b></p> <ul style="list-style-type: none"> <li>Lanolin</li> <li>Masse Breast Cream</li> </ul>
<p style="text-align: center;"><b><u>Antiemetics (nausea/vomiting suppression)</u></b></p> <ul style="list-style-type: none"> <li>Vitamin B6- 100mg tablets 3 times daily plus 1 tablet of Unisom with the 3<sup>rd</sup> dose of vitamin B6</li> <li>Motion Sickness Bands</li> <li>Emetrol</li> <li>Heavy Peach Syrup</li> </ul>	<p style="text-align: center;"><b><u>External Itching</u></b></p> <ul style="list-style-type: none"> <li>Benadryl Cream</li> <li>Calamine Lotion</li> <li>Hydrocortisone Cream</li> <li>Colloidal Oatmeal</li> </ul>	<p style="text-align: center;"><b><u>Miscellaneous</u></b></p> <p><b>NO SMOKING</b>  <b>NO ALCOHOL</b>  <b>NO RECREATIONAL DRUGS (INCLUDING MARIJUANA)</b>  <b>NO HOT TUBS &gt;101 DEGREES</b></p>
<p style="text-align: center;"><b><u>Sleep Aid</u></b></p> <ul style="list-style-type: none"> <li>Unisom (Doxylamine)</li> <li>Tylenol PM (Diphenhydramine/Acetaminophen)</li> <li>Melatonin</li> </ul>	<p style="text-align: center;"><b><u>Hemorrhoids</u></b></p> <ul style="list-style-type: none"> <li>Anusol</li> <li>Tuck pads</li> <li>Preparation H</li> <li>Nupercainal Ointment</li> </ul>	<p style="text-align: center;"><b><u>Laxatives/Stool Softeners</u></b></p> <ul style="list-style-type: none"> <li>Colace (Docusate Sodium)</li> <li>MiraLAX</li> <li>Metamucil</li> <li>Milk of Magnesia</li> </ul>
<p style="text-align: center;"><b><u>Colds, Allergies</u></b></p> <ul style="list-style-type: none"> <li>Robitussin (Guaifenesin)</li> <li>Theraflu</li> <li>Chlor-Trimeton</li> <li>Mucinex (Guaifenesin)</li> <li>Saline nasal spray</li> <li>Claritin (Loratadine)</li> <li>Allegra (Fexofenadine)</li> <li>Zyrtec (Cetirizine)</li> <li>Benadryl (Diphenhydramine)</li> <li>Flonase (Fluticasone propionate)</li> <li>DM (Dextromethorphan)</li> <li>Pseudoephedrine -<b>only safe after 14 weeks and avoid if you have hypertension.</b></li> <li>Phenylephrine -<b>only safe after 14 weeks, avoid if you have hypertension.</b></li> </ul>	<p style="text-align: center;"><b><u>Heartburn, Indigestion</u></b></p> <ul style="list-style-type: none"> <li>Gaviscon (Aluminum Hydroxide Magnesium carbonate)</li> <li>Maalox (Aluminum-Magnesium Hydroxide)</li> <li>Mylanta (Aluminum-Magnesium Hydroxide)</li> <li>Titralac (Calcium Carbonate)</li> <li>Tums or Rolaids (Calcium Carbonate)</li> <li>Tagamet HB 200(Cimetidine) – <b>only safe after 14 weeks</b></li> <li>Pepcid AC (Famotidine) <b>only safe after 14 weeks</b></li> <li>Prilosec (Omeprazole) <b>only safe after 14 weeks</b></li> </ul> <p style="text-align: center;"><b>NO PEPTO-BISMOL</b></p>	<p style="text-align: center;"><b><u>Pain</u></b></p> <ul style="list-style-type: none"> <li>Tylenol (Acetaminophen)</li> <li>Extra Strength Tylenol</li> <li>Icy Hot</li> </ul> <p style="text-align: center;"><b><u>Headaches/muscle aches</u></b></p> <ul style="list-style-type: none"> <li>Magnesium Oxide 400mg 1-2 times Daily</li> </ul> <p><b>NO IBUPROFEN, ADVIL, ALEVE, OR NAPROXEN</b></p>