

What medications you **CAN** take during pregnancy...

♥ Colds or Flu's:

Tylenol for aches and pains, Sudafed for congestion, Robitussin for coughing Chloraseptic / Cepacol lozenges for sore throats.

♥ Allergies:

Benadryl, Claritin (JUST NOT CLARITIN D)

♥ Constipation:

Konsyl Easy Mix for stool softener and natural laxative, Colace if stool is hard like little rocks or Milk of Magnesia

AVOID: Stimulant laxatives, Saline Laxatives and Caster Oils

♥ Diarrhea:

Kaopectate, BRAT diet (Bananas, Rice, Applesauce, Tea or Toast)

NOTE: See/call Doctor if you have a fever, not improved in 2-3 days, Weak or Dizzy

♥ Nausea and Vomiting:

Vitamin B6, Ginger, Ginger tea, or Emertrol (over the counter syrup to settle stomach)

NOTE: See Doctor if you are unable to keep liquid down for more than a day or if weak and dizzy, dehydrated

♥ Heartburn/Gas:

Mylanta, Maalox, Tums, Pepcid AC

Note: See Doctor if you have bad abdominal pain.

♥ Headaches:

Tylenol (or extra strength) 2 tabs every 4 hours. **DO NOT TAKE ASPIRIN or ADVIL**

Note: See your doctor if you have dizziness or blurred vision.

♥ Hemorrhoids:

Konsyl Easy Mix- daily to keep stool soft, Perparation H, Anusol, or Tuck Pads

♥ Nose Bleeds or Gum Bleeds:

Both are common in pregnancy, see your Doctor if it's persistent.

♥ Leg Cramps (especially if in both legs):

Calcium and Magnesium- call if you have painful, red, tender areas on legs.

♥ Dizziness:

Is a common symptom of pregnancy often caused by dehydration or blood sugar changes, increase fluids and snacks. If associated with chest pain or shortness of breath call the Doctor immediately.

♥ Dentist:

It is OK to see the dentist, OK have X-rays with an abdominal shield, OK to get Novocain, OK to take some antibiotics and some pain pills, however you should have your Dentist call us to discuss the medications first.