



Medications in Pregnancy

If it is not on the list...call before you take it!

NOTE: herbal remedies, alternative medicines, and nutritional supplements should be discussed with your health care provider prior to use

Illness	Before 12 weeks	After 12 weeks	Note
Colds	Only Benadryl or Claritin and Saline Nasal Spray without consulting your health care provider	Robitussin Regular Strength Tylenol Actifed Sudafed Comtrex Saline Nasal Spray	<ul style="list-style-type: none"> • Increase fluids • NO aspirin, Ibuprofen (Motrin, Advil), Excedrin or Aleve • If High Blood Pressure, no decongestants without doctor approval • No nose sprays without doctor approval
Sore Throat	Chloraseptic spray Cepacol Lozenges	Extra Strength Tylenol Chloraseptic spray Warm salt water gargles	<ul style="list-style-type: none"> • Call office if fever over 101 degrees
Fever	Call doctor!	Extra Strength Tylenol	<ul style="list-style-type: none"> • Always call office if fever over 101 degrees
Indigestion	Mylanta Mylanta II Tums Rolaids	Mylanta Mylanta II Tums Rolaids Zantac/ Pepcid AC	<ul style="list-style-type: none"> • NO Pepto-Bismol or other products that contain aspirin
Diarrhea	Imodium AD Kaopectate Pedialyte/Gatorade	Imodium AD Kaopectate Pedialyte/Gatorade	<ul style="list-style-type: none"> • Increase fluids • Bland foods
Constipation	Metamucil Colace Dulcolax	Metamucil Colace Dulcolax	<ul style="list-style-type: none"> • Increase fluids • Increase fruits and vegetables • Increase whole grains • Call office if bloody or over 3 days
Allergies	Only Benadryl or Claritin without Consulting your doctor	Benadryl Dimetapp	<ul style="list-style-type: none"> • If breastfeeding-may use prescription Zyrtec • No nose sprays without consulting doctor
Sinus	Nothing without consulting doctor	Actifed Sudafed Tylenol Sinus	<ul style="list-style-type: none"> • NO aspirin, Ibuprofen (Motrin, Advil), Excedrin or Aleve • No nose sprays with doctor approval

Government regulations require us to monitor and record prescriptions carefully.

All prescriptions should be handled during business hours

when we have access to your medical records.