

## Medications in Pregnancy

Most people try to avoid medications in pregnancy, but many are safe - please tell us what you are taking (including herbal medications) so we can advise you of any risks.

Here is a list of common over-the-counter medications that are safe in pregnancy. Please follow instructions on the label for dosages.

### For colds and congestion:

Chlor-trimeton	Lozenges
Benadryl	Claritin/Zyrtec
Robitussin	Saline nasal spray
Zicam Lozenges	Vicks Vapor Rub
Mucinex (extended release)	

*After 12 weeks, Sudafed, Mucinex DM and Robitussin DM and CF are safe*

### For intestinal issues:

**Constipation:** Senekot, Colace  
Fiber Supplements: Metamucil, Fibercon, Citrucel

**Diarrhea:** Imodium

**Hemorrhoids:** Preparation H, Anusol or Tucks pads

**Indigestion:** TUMS, Maalox or Mylanta  
Mylicon Gas X

**Heartburn:** Pepcid or Zantac

**Nausea:** Vitamin B6 50mg and/or Unisom up to three(3) times a day  
Sea Bands          Peppermint  
Ginger

***Please avoid Alka Seltzer and Pepto-Bismal***

### For aches and pains:

Tylenol (Extra Strength is OK)  
***Please avoid Aspirin, Advil, Motrin, Ibuprofen and Aleve***

### For insomnia:

Melatonin          Unisom  
Tylenol PM or Benadryl may be used occasionally

### Dental instructions:

You may have dental x-rays if the abdomen is shielded. Local anesthetic is okay, but avoid epinephrine.

**Please call (703) 359-5900 during business hours if you have any questions.**