

# APPROVED MEDICATIONS FOR PREGNANCY

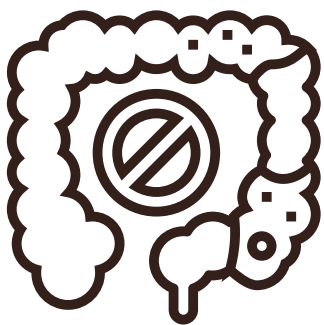


## ALLERGIES

Cetirizine (Zyrtec)  
Loratadine (Claritin)  
Diphenhydramine 25mg-50mg (Benadryl)  
Brompheniramine/Phenylephrine (Dimetap)  
Chlorpheniramine/Phenylephrine (Actifed)

## COLD & FLU SYMPTOMS

Acetaminophen (Tylenol) (Regular, Extra Strength, or Cold & Sinus)  
Pseudoephedrine (Sudafed)  
Dextromethorphan (Robitussin)  
Dextromethorphan/Phenylephrine (Triaminic)  
Halls with Zinc (any cough drops are ok, but we prefer Halls)  
Ocean Mist Nasal Spray (saline sprays are ok. Avoid other nasal sprays)



## CONSTIPATION

Docusate Sodium (Colace)  
Psyllium (Metamucil/Citracil)  
Milk of Magnesia  
Suggestions: Eat fiber rich foods (whole grains, fruits and vegetables, beans, and nuts) & increase water intake.

## DIARRHEA

Loperamide (Imodium)



## HEADACHES

Acetaminophen (Tylenol) (Regular or Extra Strength)  
Suggestions: Snack on carbohydrates (fruit, crackers, bread, etc.) every hour and drink plenty of fluids



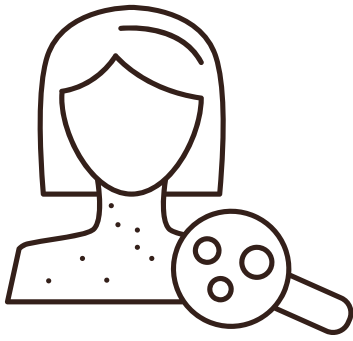
## HEMORRHOIDS

Hydrocortisone rectal (Anusol)  
Pramoxine/Mineral oil/Zinc Oxide (Tucks)  
Phenylephrine/Mineral Oil/Petrolatum (Preparation H)

## MORNING SICKNESS

Doxylamine (Unisom) and Vitamin B6  
Dimenhydrinate (Dramamine) (Plain)  
Phosphorylid Carbohydrate (Emetrol)

Suggestions: Eat small, frequent meals, try Ginger Ale, eat some carbohydrates (crackers, fruit, etc.) when you first wake up, popsicles are great and bland foods are usually best

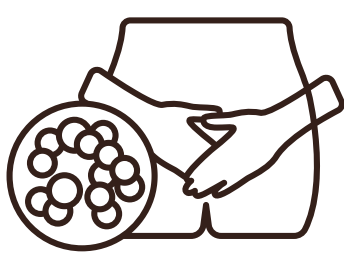


## SKIN RASHES

Diphenhydramine (Benadryl) cream  
Hydrocortisone cream (1% or 5%)  
Cetirizine (Zyrtec)  
Loratadine (Claritin)

## TROUBLE SLEEPING

Acetaminophen/Doxylamine (Tylenol PM)  
Diphenhydramine (Benadryl) (25mg to 50mg/day)



## VAGINAL YEAST INFECTION

Miconazole (Monistat) (3 day treatment)

## HEARTBURN

Calcium Carbonate (Tums)  
Lansoprazole (Prevacid)  
Famotidine (Pepcid)  
Suggestions: Don't lie down after eating, avoid spicy food, and sleep propped up on a pillow.



## QUESTIONS

Please send us a portal message or call our office at 702.463.2981 ext. 102