

MEDICATIONS SAFE IN PREGNANCY

You **may** safely use these without notifying us, after the third month (12 weeks) of your pregnancy. Before 12 weeks, the baby is forming and it is a risk versus benefit situation.

Prenatal vitamins should be taken throughout the entire pregnancy, iron and **Tylenol may** be taken before 12 weeks. If you are experiencing **nausea and vomiting** during the first twelve weeks, you can try Vitamin B Complex twice daily.

- (1) For **headaches or mild pain**: Tylenol or generic acetaminophen (2 extra strength every 6 hours).
- (2) For **colds/congestion**: Robitussin DM, Sudafed, Benadryl, Tylenol Cold & Sinus, Cepacol or Sucrets lozenges, Vicks VapoRub, a cool mist vaporizer, Instant Ocean Saline Drops.
- (2) For **severe diarrhea**: Kaopectate
- (3) For **heartburn**: Maalox, Mylanta, Tums, Roloids, Digel, Gaviscon.
- (4) For **constipation**: Colace, Extra Gentle Correctol, Senokot, Metamucil, Milk of Magnesia.
- (5) For **hemorrhoids**: Preparation H, Anusol suppositories, Nupercainal, Tucks.
- (6) For history for **Asthma**: Proventil Inhaler as needed.

Please note: The **Flu Shot** is **recommended** for **all** pregnant women including in the first trimester.