

**OB Patients**

Generally, you should not take any over the counter or prescription medication unless it is necessary. Some pregnant women must take medications to treat health conditions such as asthma, high blood pressure, diabetes, thyroid disease, lupus, colitis, multiple sclerosis, depression, or epilepsy (seizures). If these conditions are not treated, a pregnant woman or her unborn baby could be harmed.

It is important that women discuss with their doctor which medications are needed in pregnancy and which are likely to be safest to take. It is important to balance the risks and benefits of any medication being considered.

The following medications and home remedies have no known harmful effects during pregnancy when taken according to the package directions. If you want to know about the safety of any other medications not listed here, please contact your health care provider.

If you have any questions regarding prescribed medications, you may discuss with your healthcare provider.

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| <b>NOT ALLOWED</b> | <b>Tetracycline, Aspirin, Ibuprofen, Diflucan, Tetracycline, Xanax, Pepto Bismol, Sulfa, Alcohol</b> |
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| <b>* Condition *</b>         | <b>*Safe Medications to Take During Pregnancy*</b>   |
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| <b>Allergy</b>               | <b>Benadryl (diphenhydramine), Claritin, Zyrtec, Allegra</b>   |
| <b>Cold and Flu</b>          | <b>Tylenol (acetaminophen), all strengths or Tylenol Cold, Warm salt water gargle, Saline nasal drops or spray, Actifed, Neosynephrine nasal spray, Robitussin, Mucinex, Vicks Cough Syrup, Any cough drop</b> |
| <b>Constipation</b>          | <b>Miralax, Metamucil, Fibernal/Fibercon, Colace, Milk of Magnesia (not on a regular basis), Senekot</b>   |
| <b>Diarrhea</b>              | <b>For 24 hours, only after 12 weeks of pregnancy: Immodium</b>  |
| <b>First Aid Ointment</b>    | <b>J &amp; J, Bacitracin, Neosporin, Polysporin</b>  |
| <b>Headache</b>              | <b>Tylenol (acetaminophen), Magnesium 400mg 2x/day</b>   |
| <b>Heartburn</b>             | <b>Maalox, Tums, Mylanta, Pepcid, Zantac</b>   |
| <b>Hemorrhoids</b>           | <b>Preparation H, Witch Hazel, Anusol/Tucks Cream, Tucks Pads, Sitz bath</b>   |
| <b>Nausea &amp; Vomiting</b> | <b>Vitamin B6 100mg tablet (B natal), Sea Bands, Ginger or candied ginger</b>  |
| <b>Rashes</b>                | <b>Hydrocortisone cream or ointment, Caladryl lotion or cream, Benadryl cream, Oatmeal bath (Aveeno)</b>   |
| <b>Yeast Infection</b>       | <b>Monistat<br/>be careful not to insert applicator too far</b>  |
| <b>Air Travel</b>            | <b>Up to 36 weeks, short flight</b>  |
| <b>Miscellaneous</b>         | <b>Caffeine – 1 cup a day is OK<br/>Sweeteners - Splenda, Stevia<br/>Dental – For Xrays use abdominal shield.</b>  |