**Common complaints and safe medications in pregnancy**

(Before taking any over-the-counter or prescription medication not mentioned below, you should check with the office)

* You should **not** take aspirin, ibuprofen, or naproxen sodium unless directed to do so by your provider.
* Regular strength acetaminophen (Tylenol) is the medication of choice for pain or fever. If you have a fever of 100.4 or higher, please call us, or come into Labor and Delivery.
* For sinus congestion with colds, allergies, or flu, Claritin or Benadryl may be used. You also may use a saline nasal spray, such as Ocean or Nasal. Do not use Neosynephrine nasal spray for longer than 3 days.
* You may take Robitussin for coughs or chest congestion.
* A warm salt-water gargle is recommended for a sore throat. Throat drops, spray, or lozenges are acceptable.
* A cool air vaporizer may help you sleep at night.
* Increased fluid intake and getting sufficient rest are essential

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| **Headache** | Tylenol (Acetaminophen) |
| **Heartburn** | Mylanta, Tums, |
| **Stuffy Nose** | Salt water or nasal spray, Claritin (Loratidine), Benadryl (Diphenhydramine) |
| **Sore Throat** | Cepacol Lozenges, Hall’s cough drops or salt water gargle |
| **Leg Cramps** | Chewable Calcium, Tums |
| **Hemorrhoids** | Preparation H, Tucks, Anusol |
| **Diarrhea** | Imodium, Kaopectate, please call us if more than one does is necessary. |
| **Constipation** | Colace (docusate sodium), Metamucil, Fibercon |
| **Insomnia/Trouble Sleeping** | Unisom (Doxylamine) |
| **Nausea/Vomiting** | Unisom (Doxylamine) and Vitamin B6 (Pyridoxine), Sea Bands (wrist bands) |

**Here’s a list of medication that you may take while pregnant:**

**Cough and Cold**

* Increase fluid intake, especially clear liquids.
* Use a vaporizer at night if congested.
* You may use Tylenol as directed for fever, aches or pains (do not use more than the recommended daily dose).
* Use Claritin (Loratidine) during the day, and Benadryl (Diphenhydramine) at night for a stuffy nose or congestion. Do not drive after taking Benadryl.
* Use Robitussin for a cough.
* These are all over the counter medications that can be used in pregnancy and are available at your local drug store.
* Do not use any nasal spray except Ayr or Ocean nasal saline unless prescribed by your physician
* If you are diabetic, make sure you get the sugar free version of these medications.

**General Information**

* **Pregnant women may take some antibiotics.** Penicillin, Ampicillin, Erythromycin, Amoxicillin, Macrobid and Zithromax (Azithromycin) are a few of the more common ones.
* **DO NOT TAKE Motrin, Advil, Ibuprofen, Aleve, Naproxen, Aspirin or any product containing these drugs during your pregnancy**, unless specifically directed by your obstetricians.
* Use all medications according to the instructions on the box or bottle. No not exceed the recommended dose or daily dose.