

## Medicines You Can Take During Pregnancy

St. Mary's OB/GYN Office – 518-842-0373/ Maternity- 518-841-7314

If you are experiencing the following discomforts, here are a few safe remedies;

<b><u>ALLERGIES</u></b>	Claritin, Benadryl, Zyrtec
<b><u>HEADACHES</u></b>	Extra Strength Tylenol
<b><u>INDIGESTION/ HEARTBURN</u></b>	Mylanta, Maalox, Riopan, Tums, Prilosec OTC, Nexium
<b><u>CONSTIPATION</u></b>	Colace, Metamucil, Fibercon, Increase fiber in diet
<b><u>NAUSEA &amp; VOMITING</u></b>	Sea Bands (wrist bracelets with pressure points, Ginger Chews
<b><u>SLEEPLESSNESS</u></b>	Hot Milk, Benadryl, Melatonin
<b><u>STUFF NOSE</u></b>	Saline Nose Drops, Vicks Vapor Rub
<b><u>HEAD COLDS</u></b>	Extra Strength Tylenol, Robitussin (plain)
<b><u>HEMORRHOIDS</u></b>	Sitz Bath, Tucks Pads, Witch Hazel pads
<b><u>FEVER</u></b>	Extra Strength Tylenol ** If fever is 100.4 or higher, you need to call the office
<b><u>SORE THROAT</u></b>	Cepacol or Sucrets Lozenges, Gargle with Cepacol liquid, Halls Cough Drops
<b><u>COUGH</u></b>	Robitussin DM, Mucinex
<b><u>DIARRHEA</u></b>	Kaopectate, Imodium AD
<b><u>YEAST INFECTION</u></b>	Monistat
<b><u>VACCINES</u></b>	Hepatitis B Vaccine, Flu Vaccine, PPD (Skin test), T-Dap all can be given at any time during pregnancy.

**PLEASE REMEMBER THAT HERBAL SUPPLEMENTS ARE NOT WITHOUT POTENTIAL SIDE EFFECTS. PLEASE LET YOUR DOCTOR KNOW IF YOU ARE TAKING ANY SUPPLEMENTS.**

**\*\* IF SYMPTOMS PERSIST OR WORSEN, PLEASE CONTACT THE OFFICE \*\***

(THIS LIST HAS BEEN APPROVED BY YOUR PROVIDER)