



# ALPENGLLOW

WOMEN'S HEALTH

## Safe Over the Counter Medications during Pregnancy

Allergies	<ul style="list-style-type: none"><li>• Claritin, Allegra, Zyrtec: Non-Drowsy Antihistamines</li><li>• Benadryl</li></ul>
Cold/Cough/Sore Throat	<ul style="list-style-type: none"><li>• Tylenol, Tylenol Cold, Robitussin, Robitussin DM, Mucinex, Cepacol Lozenges, Sudafed*</li></ul> <p>Notify office of any fever (temp <math>\geq</math> 100.5) or lack of improvement in symptoms within a few days</p> <p>* <i>Caution with decongestants in first trimester and with high blood pressure</i></p>
Constipation	<ul style="list-style-type: none"><li>• Colace, Senna, Metamucil / Fiber, Miralax, Milk of Magnesia, Hydration (10 glasses water per day), dietary fiber (fresh fruit and veggies) and regular exercise</li></ul>
Diarrhea	<ul style="list-style-type: none"><li>• Immodium, Kaopectate, BRAT diet (bananas, rice, applesauce, toast)</li></ul>
Headache	<ul style="list-style-type: none"><li>• Tylenol/Acetaminophen</li><li>• Avoid NSAIDs (Advil, Motrin, Aleve, Ibuprofen, Aspirin*)</li></ul> <p>* <i>Use of Aspirin in pregnancy is recommended in women with specific conditions. Please do not use unless advised by your provider.</i></p>
Indigestion	<ul style="list-style-type: none"><li>• Mylanta, Maalox, Tums, Roloids, Zantac, Pepcid</li></ul>
Hemorrhoids	<ul style="list-style-type: none"><li>• Preparation H, Anusol, Tucks pads</li></ul>
Nausea	<ul style="list-style-type: none"><li>• Vitamin B6, Unisom, Ginger products</li></ul>
Yeast Infections	<ul style="list-style-type: none"><li>• Monistat-7</li></ul>
Dental Work	<ul style="list-style-type: none"><li>• Okay for Novocain injections and X-ray with abdominal shielding</li></ul>
Other Injections	<ul style="list-style-type: none"><li>• Allergy shots, Tetanus booster, TB test, influenza vaccine, pertussis vaccine</li></ul>

Please feel free to contact our office with questions.