

During pregnancy, taking over the counter and prescription medications should be discussed with your doctor. Below is a list of medications generally considered to be safe during pregnancy. Brand names and ingredients can change. Use the generic name (in parentheses) as the key for using these medicines.

Before 16 weeks use these only when absolutely necessary.

| Symptom | Use when absolutely necessary: | Not Recommended During Pregnancy |
|-------------------------|--|---|
| Pain | Tylenol (acetaminphen) Extra Strength Tylenol | Motrin (Ibuprophen) Asprin |
| Cold Symptoms | Benadryl (diphenhydramine HCl), Robitussin DM Delsym, Claritin (loratadine) Cough Drops, Throat sprays Salt water gargles | Afrin Nasal Spray, Dimetapp |
| Diarrhea | Imodium AD (only after attempting hydration first) | Lomotil |
| Stool Softener | Drink 8 glasses of water each day High fiber diet (raw fruit & veg, bran) Prunes and prune juice Metamucil, Citrucel, Colace | Ex-Lax |
| Hemorrhoids | Keep stool soft Drink 8 glasses of water each day Tuck's Preparation H (very short duration) Anusol HC (very short duration) | |
| Heartburn | Tums, Maalox, Mylanta, Gelusil, Digel, Pepcid AC | Pepto Bismol |
| Skin Irritation or Rash | Oatmeal bath Calamine lotion Benadryl (diphenhydramine HCl) | |
| Antibiotics | Consult with a Doctor before taking <u>ANY</u> antibiotics | |
| Vitamins/Supplements | Prenatal, Multi-vitamin, Folic Acid | Any other supplements should be approved by a Doctor as some may cause complications or preterm labor |

If after trying any of the above medications and you do not get relief, please do not hesitate to call CRMC to speak with a nurse or pharmacist at 822-3203.