

Safe medications

<p>Acne Benzoyl Peroxide Clindamycin Topical Erythromycin Salicylic Acid</p> <p>Avoid: Accutane Retin-A Tetracycline Minocycline</p>	<p>Antibiotics Ceclor Cephalosporins E-mycins Keflex Macrobid/Macroclantin Penicillin Zithromax</p> <p>Avoid: Cipro Tetracycline Minocycline Levaquin</p>	<p>Colds/Allergies Benadryl, Claratin, Zyrtec Chlor-Trimeton, Dimetapp Drixoral-Non-Drowsy Mucinex (guaifenasin) Sudafed**/Sudafed-12 Hour** Sudafed PE Pseudoephedrine** Tylenol Cold & Sinus** - Do not take more than 6 in 24 hours Vicks Vapor Rub</p> <p>**AVOID if problems With Blood Pressure Note: Avoid Sudafed in the first trimester</p>
<p>Constipation Colace, Miralax, Senakot Dulcolax Suppository Fibercon, Metamucil Perdium, Fleets Enema</p>	<p>Cough Mucinex Cough Drops Phenergan w/Codeine if prescribed Robitussin (plain & DM)</p>	<p>Crab/Lice RID</p> <p>Avoid: Kwell</p>
<p>Gas Gas-X Mylicon Phazyme</p> <p>Fever Tylenol Note: Consult MD if temp above 101T</p>	<p>Headaches Cold Compress Tylenol (regular or extra strength) - Do not take more than 6 in 24 hours Acetaminophen Ibuprofen ok in <u>2nd</u> trimester <u>ONLY</u></p>	<p>Heartburn (Avoid lying down for at least 1 hour after meals) Aciphex, Maalox, Mylanta, Pepcid, Milk of Magnesia Pepcid Complete Prevacid, Prilosec, Rolaids Zantac Tums (limit 4/day)</p>
<p>Hemorrhoids Anusol/Anusol H.C. (RX: Analapram 2.5%) Hydrocortisone OTC Preparation H, Tucks Vaseline lotion applied to tissue</p>	<p>Herpes Acyclovir Famvir Valtrex</p>	<p>Leg Cramps Benadryl Magnesium 350 mg at bedtime Iron Supplement Vitamin C Supplement</p>
<p>Nasal Spray Saline Nasal Spray</p>	<p>Nausea Vitamin B6 25mg 3 times daily Unisom 1/4 or 1/2 tablet at bedtime Vitamin B6 and Unisom at bedtime Dramamine, Emetrol Ginger Root 250mg 4 times daily High complex carbs @ bedtime Sea Bands - Acupressure</p>	<p>Pain Tylenol, Darvocet** Lortab**, Percocet** Tramadol**, Tylenol 3** Ultram**, Vicodin**</p> <p>Tylenol - do not take more than 6 in 24 hours</p> <p>**Narcotic medications should only be used when prescribed for a legitimate medical problem by a doctor for a short period of time.</p>
<p>Rash Benadryl/Caladryl Lotion 1% Hydrocortisone Cream Oatmeal Baths</p>	<p>Sleep Aids Benadryl Chamomile Tea Unisom, Tylenol PM Warm milk-add vanilla/sugar for flavor</p>	<p>Throat Cepacol Cepastat Salt Water Gargle w/ warm water Throat Lozenges</p>
<p>Tooth Pain Orajel</p>	<p>Yeast Infection Gyne-Iotrimin, Monistat-3 Terazol-3 Avoid 1 day creams</p>	<p>Prenatal Vitamins Any over the counter prenatal vitamins. DHA – is an optional addition to your prenatal vitamin and can be obtained in a separate pill. DHA can be found in fish oil, some plant based vitamins and Similac Prenatal.</p>