

MEDICATIONS APPROVED DURING PREGNANCY

During your pregnancy you should try to avoid any medications unless necessary. Feel free to consult your obstetrician first, even if another physician prescribes these medications. There are routine illnesses and symptoms that do occur. We do have a list of safe medications you may purchase over the counter. These are:

- For fever, aches, and pain – Extra strength Tylenol
- For Constipation – Milk of Magnesia, Metamucil, Fibercon, Hydrocil, and fresh fruit.
- For Diarrhea – Kaopectate, Imodium
- For Cough – Robitussin DM, Benylin
- For sinus Drainage – Plain Sudafed 30mg, or Plain Benadryl 25-50mg.
- For Heartburn – Tums, Roloids, Liquid Mylanta, Maalox, Mylicon. Avoid products with aspirin.
- For Leg Cramps – Try Tums x 5 a day, if it does not seem to help, try Calcet or Fosfree.
- Nausea – Emetrol. Frequent small meals, cookies, crackers, pretzels, etc.

If any of your symptoms do not respond properly to the above medications, please call the office. Never hesitate to call if you have a concern or question. This list is not intended to replace speaking with your doctor.

Hair permanents and cosmetic nails are thought to be safe during pregnancy.

Traveling is permitted up to 35 weeks gestation unless your pregnancy is high risk. Please discuss your travel plans with your doctor.

Dental work can be performed safely during pregnancy; however, if it is elective, please wait. Necessary dental work can be performed during pregnancy. Local anesthesia and some antibiotics can also be used. If your dentist has questions, please encourage him/her to call us. Abdominal/pelvic shields should be used when dental x-rays are required.^{2/1/01}