

## Medications Safety

In general, women should avoid most medications in pregnancy, *especially during the first trimester unless absolutely necessary*. However, some medications have a long history of safe use. If you are on a medication, please discuss it with your doctor. A few medications are dangerous on pregnancy, so be sure all your health care providers, including your dentist, know you are pregnant. The following medications can be used safely. If you have questions about the safety of additional medications, please discuss it with your provider or call us before taking it.

### Safe Medications During Pregnancy

For Sleep	<ul style="list-style-type: none"> <li>Benadryl (diphenhydramine), Tylenol PM, Unisom (doxylamine), Melatonin</li> </ul>
For Fever, Pain, Headache, or Muscle Soreness	<p><b>Note:</b> DO NOT take aspirin or ibuprofen unless directed by your provider.</p> <ul style="list-style-type: none"> <li>Tylenol (acetaminophen)</li> </ul>
For Morning Sickness	<ul style="list-style-type: none"> <li>Vitamin B6 (50mg three times a day) - works best when also taken with Unisom (1/2 tablet once or twice a day), Emetrol, Benadryl (diphenhydramine) (25-50mg), motion sickness medication such as Dramamine</li> </ul>
For Nausea, Upset Stomach, or Gas	<ul style="list-style-type: none"> <li>Emetrol, Mylanta (aluminum hydroxide), Gas X (simethicone)</li> </ul>
For Heartburn, Acid Reflux, and Indigestion	<p><b>Note:</b> Non-medication options include eating frequent, smaller meals, avoid laying down for 1 hour after eating, and avoiding spicy or acidic foods.</p> <ul style="list-style-type: none"> <li>Tums (calcium carbonate) (no more than 1,000mg/day), Pepcid AC (famotidine), Mylanta, Maalox</li> </ul>
For Constipation	<p><b>Note:</b> Non-medication options include increasing water and vegetable intake.</p> <ul style="list-style-type: none"> <li>Fiber source such as Metamucil or Citrucel, stool softener such as Colace (docusate), glycerin suppository, Milk of Magnesia, Senokot, Miralax</li> </ul>
For Hemorrhoids	<p><b>Note:</b> Non-medication options include increasing your water intake.</p> <ul style="list-style-type: none"> <li>Fiber supplements, Tucks pads, witch hazel compress, Anusol, Preparation H</li> </ul>
For Cold or Other Upper Respiratory Illnesses	<p><b>Note:</b> Avoid pseudoephedrine in the first trimester of pregnancy. If necessary after first trimester, limit to 2-3 days.</p> <ul style="list-style-type: none"> <li>Nasal saline spray, nasal steroid spray (oxymetazoline hydrochloride), Benadryl (diphenhydramine), Afrin, Zyrtec (cetirizine), Sudafed (pseudoephedrine), Tylenol Cold and Sinus (acetaminophen and pseudoephedrine)</li> </ul>
For Cough	<ul style="list-style-type: none"> <li>Cough drops, Robitussin DM (dextromethorphan and pseudoephedrine), Dimetapp (brompheniramine and pseudoephedrine)</li> </ul>
For Sore Throat	<p><b>Note:</b> Non-medication options include gargling with salt water.</p> <ul style="list-style-type: none"> <li>Chloraseptic throat spray, Tylenol (acetaminophen), Luden's throat drops</li> </ul>
For Diarrhea	<ul style="list-style-type: none"> <li>Imodium AD (loperamide)</li> </ul>
For Yeast Infection	<ul style="list-style-type: none"> <li>Monistat or other vaginal yeast creams</li> </ul>
For Allergies	<ul style="list-style-type: none"> <li>Benadryl (diphenhydramine), Claritin (loratadine), Zyrtec (cetirizine)</li> </ul>

The above over-the-counter remedies are to be used for temporary ailments. If your condition persists, please call us.