

Desert Mountain OBGYN

Telephone: (480)585-0804 Fax: (480) 585-0828

Safe Common Medications In Pregnancy

<u>Medication</u>	<u>Indication</u>
Tylenol	Fever, aches and pain
Zyrtec	Nasal congestion
Claritin	Nasal congestion (Do not use Claritin D)
Oceans Nasal Spray	Nasal congestion
Robitussin	Cough
Robitussin-DM	Cough
Throat Lozenges	Dry, scratchy, sore throat
Nyquil	Cold & flu symptoms
Mylicon	Gas
Mylanta	Heartburn
Maalox	Heartburn
Tums	Heartburn
Roloids	Heartburn
Zantac 150 mg	GERD
Metamucil/Fiber Choice	Stool Softener
Milk of Magnesia	Stool Softener, laxative – only occasional use
Colace/Pericolace	Stool Softener, laxative – only occasional use
Preparation-H	Hemorrhoids
Anusol HC or plain	Hemorrhoids
Imodium	Diarrhea
Monistat 3 or 7 day	Yeast Infection
Total Lice Control Shampoo	Lice (available on internet)
Perms/highlighting/nails	Any time
<u>Injections</u>	
Novacaine	Dental work or minor surgery
Allergy shots	OK for allergies
Mantoux	TB test
Flu immunization recommended for woman pregnant or planning to be pregnant during the flu season	

For Nausea: Vitamin B-6 50mg tablets 2x per day.

If symptoms don't improve then you may try Ginger 250 mg 4x per day, Ginger Candy or Chews.

If symptoms persist then please call our office (480)-585-0804