

Women's Health at Valley View Hospital
SAFE MEDICATIONS FOR PREGNANCY AND BREASTFEEDING

Symptom	Medication (Generic & Brand Name)	What else?
Allergies: Congestion, Sneezing, Runny Nose, Itchy/Watery Eyes, etc.	<u>Diphenhydramine</u> : Benadryl *NOT 1 st 12 weeks of pregnancy <u>Loratadine</u> : Claritin, Claritin-D, Tavist RediTabs, Alavert, Zyrtec <u>Chlorpheniramine</u> : Chlor-Trimeton <u>Clemastine</u> : Tavist-1 <u>Artificial Tears</u> (eye drops): Advanced Eye Relief, Saline Eye Drops <u>Saline Nasal Spray</u> : Ocean Spray Nasal Spray	Avoid aggravating factors Cold Compress on eyes
Back Pain	Tylenol (Acetaminophen)	Bed rest, Heat or Cold Compress, Massage, Pelvic Rock Exercises, Back & Hip Stretches, Maternity Belt
Congestion (Nasal/Sinus)	<u>Diphenhydramine</u> : Benadryl *NOT 1 st 12 weeks of pregnancy <u>Pseudoephedrine</u> : (*Use with Caution) Sudafed, Actifed, Dimetapp, Dristan <u>Guafenesin</u> : Mucinex <u>Metholatum</u> : Vicks Vaper Rub <u>Saline Nasal Spray</u> : Ocean Spray, Simple Saline Nasal Spray	Vaporizer/ Humidifier
Constipation	<u>Docusate Sodium</u> : Colace, Surfak (Stool Softener) <u>Methocellulose</u> : Citrucel (Bulk) <u>Psyllium</u> : Metamucil (Bulk) <u>Polycarbofil</u> : Fibercon (Bulk) <u>Magnesium Hydroxide</u> : Milk of Magnesia (Osmotic) <u>Sorbitol</u> (Osmotic)	Increase fluid intake Prunes or Daily Prune Juice Increase Dietary Fiber (Fruits & Veggies) Regular exercise, Walking
Cough	<u>Dextromethorphan</u> : (Suppressant) Robitussin Cough, Vicks 44, Delsym	Vaporizer / Humidifier
Diarrhea	<u>Loperamide</u> : Imodium <u>Methocellulose</u> : Citrucel (Bulk) <u>Psyllium</u> : Metamucil (Bulk) <u>Polycarbofil</u> : Fibercon (Bulk) NO PEPTO-BISMOL! NO KAOPECTATE!	Clear liquid diet for 24-48 hours USUALLY BEST TO LET IT RUN IT'S COURSE!
Fever	Tylenol (Acetaminophen)	Rest, Cool Compress, Increase fluid intake
Gas Pain, Heartburn, Indigestion, Bloating	<u>NO ZANTAC</u> <u>Simethicone</u> : Mylicon, Gas-X, Phazyme <u>Calcium Carbonate</u> : Tums, Rolaids, Caltrate, Os-Cal <u>Aluminum & Magnesium Hydroxide</u> : Maalox <u>Calcium & Magnesium Carbonate/with Simethicone</u> : Mylanta/Mylanta Gas <u>Cimetidine</u> : Tagamet HB <u>Famotidine</u> : Pepcid	Small Frequent meals Decrease Fat Intake Elevate Head when lying down Wait to lie down after eating Drink milk between meals Avoid foods you know to cause gas and bloating
Headache	Tylenol (Acetaminophen)	Rest, Increase Fluid Intake
Hemorrhoids	<u>Pramoxine/Phenylephrine/Glycerin</u> : Preparation H <u>Hydrocortisone Cream</u> : Anusol HC <u>Witch Hazel</u> : Tucks	Avoid Constipation & Straining with Bowel Movements Sitz baths, Ice packs Increase Fluid Intake, Regular Exercise
Insomnia	<u>Diphenhydramine</u> : Nytol, Sominex, Benadryl *NOT 1 st 12 weeks of pregnancy <u>Benadryl/Acetaminophen</u> : Tylenol PM *NOT 1 st 12 weeks of pregnancy <u>Doxylamine Succinate</u> : Unisom	Warm Baths Warm Milk before bed Daily Exercise Avoid Caffeine
Leg cramps	Calcium 1000mg at bedtime	Avoid pointing toes Flex foot when cramp occurs
Ligament pain	Tylenol (Acetaminophen)	Heating pad Avoid Twisting /Fast Movements
Nausea & Vomiting, Motion Sickness	<u>Doxylamine Succinate</u> : Unisom (½ tab in AM, 1 tab in PM) <u>Pyridoxine</u> : Vitamin B6 - 80mg/day (40 MG in AM and 40MG in PM) <u>Dimenhydrinate</u> : Dramamine <u>Calcium Carbonate</u> : Tums, Rolaids	Peppermint Tea/Candy Sips of Ginger Ale/Ginger Chews Sea Bands® (wrist acupressure)
Rash	Hydrocortisone Cream or Ointment Caladryl Lotion or Cream Benadryl Cream	Aveeno Oatmeal Bath Avoid Excessive Itching/Rubbing
Sore Throat	Acetaminophen: Tylenol Throat Lozenges/ Cough Drops	Hard Candy, Increase Fluid Intake Humidifier, Warm Salt Water Gargle
Yeast Infection	Miconazole: Monistat 7 Day, Femizol-M, Micozole, Monozole *Call provider if symptoms do not resolve after medication completed!	Cotton underwear, Avoid Tight- Fitting Pants

CALL YOUR PROVIDER IF ANY SYMPTOMS WORSEN OR CONTINUE DESPITE TREATMENT