

### **Medications:**

Many patients have questions regarding medications in pregnancy. In general, a healthy mom is a prerequisite for a healthy baby. If you require treatment of a symptom or disease, many medications can safely be used during pregnancy. Examples of safe over-the-counter medications in pregnancy are listed below. Please do not take Advil, Aleve, ibuprofen, and aspirin, unless specifically directed to do so.

- Flu: **Tamiflu** is safe during pregnancy. The flu vaccine is also not only safe, but recommended.
- Nasal congestion or cold: **Robitussin, Mucinex, Flonase, Afrin\*** (\*do not use for longer than 3 days), saline nose spray, humidifier
- Allergies: **Zyrtec, Claritin, Allegra, Benadryl**
- Sore throat: **Cepacol**, throat lozenges, gargle with warm salt water
- Headache: **Tylenol**
- Sleep Aid: **Benadryl, Tylenol PM, Unisom**
- Constipation: **Metamucil, Colace, Miralax, Fleet's enema, Milk of Magnesia**
- Gas: **Gas-X, Mylicon**
- Nausea: **Vitamin B6, Unisom** (can take 25-50 mg each up to three times daily), ginger root
- Diarrhea: **Kaopectate** or **Imodium**
- Heartburn: **Tums, Maalox, Mylanta**; in persistent cases: **Pepcid, Zantac**, and in more severe cases, **Prilosec**
- Hemorrhoids: **Preparation H, Anusol**
- Yeast infection: **Monistat**
- Rashes: 1% hydrocortisone cream

### **Dental care:**

Many dentists are hesitant to perform work on a pregnant woman. Routine cleanings and examinations are fine. In general, it is best to avoid procedures during the first trimester; if necessary at any time during pregnancy, the dentist may use anesthesia as he would on a non-pregnant woman. Dental X-rays with abdominal shielding are permitted.