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**SAFE MEDICATIONS IN PREGNANCY**

Please note that no drug can be considered 100% safe to use during pregnancy. The following is a list of over the counter (OTC) medications that are safe for you to use during your pregnancy. While the FDA has shown many of the medications on this list to be safe, you should always ask your doctor about any medication you are about to take. Your situation and possible complications may be different if you are on any medications or would like to take a medication not on this list, check with your doctor to make sure it is safe.

CONDITION	MEDICATION	NOTES
Acne	<ul style="list-style-type: none"><li>• Benzoyl Peroxide</li></ul>	
Allergies	<ul style="list-style-type: none"><li>• Benadryl 25 mg every 6 - 8 hours.</li><li>• Claritin 10 mg daily.</li><li>• Zyrtec 10 mg daily.</li></ul>	<b><u>(X) DO NOT USE</u></b> <ul style="list-style-type: none"><li>• Claritin D</li><li>• Zyrtec D</li></ul>
Back Pain	<ul style="list-style-type: none"><li>• Tylenol (Acetaminophen) Regular or extra strength</li></ul>	<b><u>(X) DO NOT USE</u></b> <ul style="list-style-type: none"><li>• Ibuprofen</li><li>• Aleve</li><li>• Motrin</li><li>• Advil</li></ul>
Cold and Flu	<ul style="list-style-type: none"><li>• Tylenol (Acetaminophen) Regular or extra strength</li><li>• Vicks VapoDrops Cough Relief</li><li>• Halls Mentho-Lyptus Cough Suppressant</li><li>• Cepacol</li><li>• Throat lozenges/Cough drops</li><li>• Vitamin C. 500 mg. Take once daily</li><li>• Saline nasal drops</li></ul>	<b><u>(X) DO NOT USE</u></b> <ul style="list-style-type: none"><li>• Pseudoephedrine</li><li>• Phenylephrine</li></ul>

<b>Cough</b>	<ul style="list-style-type: none"> <li>• Robitussin (guaifenesin)</li> <li>• Robitussin DM</li> <li>• Mucinex</li> </ul>	
<b>Constipation</b>	<ul style="list-style-type: none"> <li>• Benefiber</li> <li>• Docusate Sodium.</li> <li>• Colace, Peri Colace or Dulcolax. 100mg. One tablet 2 – 3 times a day</li> <li>• Metamucil. Use as directed</li> <li>• Milk of Magnesia. Use as directed</li> </ul>	
<b>Diarrhea</b>	<ul style="list-style-type: none"> <li>• Imodium. Liquid or capsules as directed on the box.</li> </ul>	<b>Call the office to assess your condition and/or if you have no improvement over 24 hours</b>
<b>Gas</b>	<ul style="list-style-type: none"> <li>• Gas-X Thin Strips, Softgels or Ultra Strength Chewable. Use as directed. ** Do not exceed 6 tablets in 24 hours**</li> <li>• Mylicon (simethicone) 80mg. One tablet after meals and bedtime</li> </ul>	
<b>Headache</b>	<ul style="list-style-type: none"> <li>• Tylenol (acetaminophen), regular or extra strength. Take as directed on the bottle.</li> <li>• Excedrin Tension Headache (<b>aspirin free</b>)</li> </ul>	<b><u>(X) DO NOT USE</u></b> <ul style="list-style-type: none"> <li>• Ibuprofen</li> <li>• Aleve</li> <li>• Motrin</li> <li>• Advil</li> </ul>

<b>Heartburn</b>	<ul style="list-style-type: none"> <li>• Tums Regular, EX or Ultra. One to two tablets at bedtime. ** Do not exceed 8 per day **</li> <li>• Mylanta or Maalox. As directed on bottle</li> </ul>	<b>If the medications do not help consult with the doctor</b>
<b>Hemorrhoids</b>	<ul style="list-style-type: none"> <li>• Tucks Medicated Cooling Pads</li> <li>• Witch Hazel</li> <li>• Hemorrhoid creams, ointments or suppositories. Preparation H, Anusol/Anusol H.C.</li> </ul>	
<b>Insomnia</b>	<ul style="list-style-type: none"> <li>• Benadryl (diphenhydramine) 25 – 50 mg. One hour before bedtime</li> <li>• Dramamine (dimenhydrinate)</li> <li>• Tylenol P.M.</li> </ul>	
<b>Nausea</b>	<ul style="list-style-type: none"> <li>• Sea bands</li> <li>• Ginger</li> <li>• Vitamin B6. 50 mg. One tablet 2 times a day</li> <li>• Dramamine (dimenhydrinate). Take as directed. ** Do not take more than 8 tablets in 24 hours **</li> </ul>	
<b>Yeast Infection</b>	<ul style="list-style-type: none"> <li>• Clotrimazol 7</li> <li>• Monistat 7</li> </ul>	<b>** Avoid 1 Day Creams</b>

## Pregnancy Symptoms & Helpful Hints

Symptom	Helpful hint	Symptom	Helpful hint
<b>BACK PAIN</b>	<ul style="list-style-type: none"> <li>* Pillows (knees, back, abdomen)</li> <li>* Support belt such as Mom-EZ</li> </ul>	<b>HEARTBURN OR INDIGESTION</b>	<ul style="list-style-type: none"> <li>* Small, frequent meals.</li> <li>* Avoid spicy or fried foods.</li> </ul>
<b>COLD/FLU/COUGH</b>	<ul style="list-style-type: none"> <li>* Increase water intake.</li> </ul> <p>It is very important to stay well hydrated</p>	<b>HEMORRHOIDS</b>	<ul style="list-style-type: none"> <li>* Good fiber intake.</li> <li>* Avoid constipation and excess straining during bowel movement.</li> <li>* Warm sitz bath (soaking in a tub of warm water)</li> </ul>
<b>CONSTIPATION</b>	<ul style="list-style-type: none"> <li>* Increase fluids (water and juice)</li> </ul> <p>Powdered bran, bran cereals, prunes, prune juice</p> <ul style="list-style-type: none"> <li>* Increase roughage (fruits and leafy vegetables)</li> <li>* Increase physical activity</li> </ul>	<b>NAUSEA</b>	<ul style="list-style-type: none"> <li>* Small, frequent meals.</li> <li>* Plain crackers before getting out of bed.</li> <li>* Ginger ale</li> </ul>
<b>DIARRHEA</b>	<ul style="list-style-type: none"> <li>* Avoid milk or milk products</li> <li>* Drink clear liquids until diarrhea stops (broth, apple juice)</li> </ul>	<b>SINUS / ALLERGIES</b>	<ul style="list-style-type: none"> <li>* Increase water intake</li> </ul> <p>This will help thin the drainage for quicker relief</p>

<b>DIARRHEA (continue)</b>	* B.R.A.T.T. DIET (Bananas, Rice, Apple sauce, Toast, Tea )		
<b>GAS</b>	Avoid spicy or fried foods	<b>SLEEP AID</b>	* Warm (not hot) shower, warm decaffeinated tea
<b>HEADACHE OR MIGRAINE</b>	* Rest in a dark room.  * Massage neck and shoulders.  * Cold compresses	<b>SORE THROAT</b>	* Decaffeinated Hot Tea  * (Honey)