Approved Medication List
In general, it is best to avoid any medications during the first 12 weeks of pregnancy. If you are taking a prescription, please notify us as soon as possible.

Pain Medication
Extra Strength or Regular strength Tylenol (Acetaminophen)
*DO NOT TAKE Ibuprofen (Advil, Motrin), Naproxen (Alleve)*

Antibiotics
Amoxicillin, Penicillin, Keflex, Omnicef, Zithromax, ZPack, Augmentin. Call during office hours with specific questions.

Cough & Cold Medications
Robitussin (dextromethorphan)
Mucinex (guaifenesin)
Cough drops / throat lozenges - all
Chloraseptic Spray

Decongestants
Sudafed (Psuedoephedrine) – 2-3 days max
Afrin (oxymetazoline) - 2-3 days max
Saline nasal spray for dryness

Antihistamines & Allergy Medicine
Claritin (loratadine), Zyrtec (cetirizine)
Benadryl (diphenhydramine)

Heart burn & Gas
Tums / Rolaids
Pepcid (famotidine)
Gas-X (Simethicone)
*DO NOT TAKE Pepto Bismol*

Hemorrhoids
Preperation H
Tucks Pads (keep in refrigerator)

Diarrhea
Immodium (one dose only, call office if persist)
*DO NOT TAKE Kapectate*

Constipation
Colace or Senekot
Miralax
Milk of Magnesia

Insomnia
Unisom
Benadryl for occasional use
Melatonin 3mg

Morning Sickness
Vit B-6, Unisom (1/2 tablet)

Yeast Infection
Monistat (miconazole) 7 day

Immunizations
Flu, PPD, Tdap