



DR. NADER & ASSOCIATES

WOMEN'S HEALTH / OBGYN

SAFE MEDICATIONS TO TAKE DURING PREGNANCY

Problem	Medications During Pregnancy	Home Remedies
Headaches	<ul style="list-style-type: none"> Tylenol (Acetaminophen) 	Report to your provider if headaches get worse, do not improve or continue
Cold	For nasal, sinus or chest congestion: <ul style="list-style-type: none"> Sudafed -not in 1st trimester Mucinex (Guafenesin) Vicks VapoRub For runny nose: <ul style="list-style-type: none"> Chlorpheniramine 	Stay well hydrated with water, herbal teas like ginger or lemon (avoid those not recommended in pregnancy) and warm broths. Use a humidifier or take steamy showers to soothe congestion, and rest as much as possible to support your immune system. Saline nasal spray and warm saltwater gargles can relieve nasal and throat discomfort. Always check with your provider before using herbal remedies or over the counter treatments.
Cough	<ul style="list-style-type: none"> Mucinex Robitussin (alcohol free type) Delsym 	Stay hydrated with warm fluids like honey lemon tea or warm water with a splash of lemon. Use a humidifier to loosen mucus and ease coughing.
Sore Throat	<ul style="list-style-type: none"> Tylenol (Acetaminophen) Chloraseptic, Cepacol, Halls Lozenges 	Gargle with warm salt solution. Stay hydrated. If a sore throat persists more than 3 days or gets worse, call your provider or go to the ER
Constipation	<ul style="list-style-type: none"> Colace (Docusate sodium) Miralax (Polyethylene glycol) Metamucil Benefiber 	Increase fluid intake. Add fiber to your diet
Heartburn	<ul style="list-style-type: none"> Pepcid AC (Famotidine) Mylanta Tums Roloids 	Eat small meals throughout the day. Avoid lying down within 2-3 hours after eating. Avoid greasy, spicy foods. Limit carbonated drinks
Allergy	<ul style="list-style-type: none"> Zyrtec (Cetirizine). Do NOT use Zyrtec D Benadryl (Diphenhydramine) Claritin (Loratadine). Do NOT use Claritin D Flonase (Fluticasone) 	
Diarrhea	<ul style="list-style-type: none"> Immodium (Loperamide) Kaopectate 	Increase fluids to avoid dehydration. Call your provider if lasting longer than 3 days or bloody.
Fever	<ul style="list-style-type: none"> Tylenol (Acetaminophen) 	
Hemorrhoids	<ul style="list-style-type: none"> Tucks (Witch Hazel) Preparation H (Phenylephrine topical) Anusol (Hydrocortisone topical) 	Increase fluid intake. Avoid constipation
Skin Rash	<ul style="list-style-type: none"> Benadryl cream Hydrocortisone cream 	
Nausea	<ul style="list-style-type: none"> Ginger Vitamin B6 Dramamine (Dimenhydrinate) 	Eat small meals throughout the day. Avoid spicy, smelly, greasy foods. Increase hydration. Eat plain crackers.

As always, please review any medications with your provider before taking anything.