

## **MEDICATION ORDERS FOR PREGNANT PATIENTS**

In general, it is recommended that pregnant women avoid medications, especially in the first 14 weeks. The following medications are acceptable for use in pregnancy after 14 weeks. If symptoms are severe enough prior to 14 weeks, you may follow the guidelines below for comfort.

### **COLDS**

Sudafed (reg. strength)  
Chlor-Trimeton (reg. strength)  
Benadryl  
Robitussin (reg. strength)  
Saline Nasal Spray  
Cough Drops (except for Herbal and Zinc)  
Breathe Right Nasal Strips  
Vicks VapoRub

### **CONSTIPATION**

Diet-bran, roughage (fruits & veggies)  
Benefiber  
Colace  
Dulcolax  
Metamucil / Fibercon  
Milk of Magnesia (MOM)  
Miralax  
Prunes or prune juice  
Water 8-10 glasses per day

### **ALLERGIES**

Allegra  
Benadryl  
Claritin (reg. strength)  
Zyrtec

### **YEAST INFECTIONS**

Monistat (7 day)  
Gynelotrimin (7 day)

### **HEADACHES**

Regular Strength or Extra Strength Tylenol/Acetaminophen per packages instructions as needed (2 every 4 hours as needed)

### **HEARTBURN**

Aciphex      Roloids  
Maalox      Tums  
Mylanta  
Nexium  
**Pepcid AC** (try this first)  
Prevacid  
Protonix

### **ANTIBIOTICS**

Amoxicillin  
Azithromycin  
Ceclor  
Erythromycin  
Keflex  
Macrobid  
Penicillin  
Many others – call to check  
if not listed above

### **HEMORRHOIDS**

Anusol  
Anusol HC  
Preparation H

**WARNING: DO NOT USE ASPIRIN OR IBUPROFEN!!!!!!**