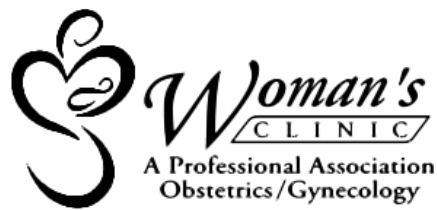


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### Medications During Pregnancy and Lactation

All medications cross the placenta and many have an adverse effect on your baby. Many medications are also excreted in the breast milk. Therefore, it is best to avoid taking any medication during your pregnancy, especially in the first trimester and while nursing. However, if other remedies do not give you relief, taking medication may be necessary. Here is a list of medications we think are relatively safe to take during pregnancy and lactation:

|  |  |
|--|--|
| Headache:  | Tylenol, two Extra Strength tablets every 4 hours for headache.  |
| Nausea:  | Unisom (25mg sleep tablets OTC 1/4 AM 1/4 PM and whole at night) along with Vitamin B6.  |
| Sinus Congestion & Allergies:                                    | Plain Sudafed meltaway or liquid, Sinutab II, Tylenol Sinus or Allergy, Tylenol PM, or Benadryl, Claritin, Claritin-D, Zyrtec D, Allegra or Allegra D, according to directions.        |
| Cold:  | Tylenol Cold.  |
| Cough:   | Plain Robitussin or Robitussin DM, Delsym or Mucinex, according to directions. Cough drops are permitted.  |
| Sore Throat:   | Chloraseptic throat spray or lozenges, according to directions.  |
| Nasal Congestion:  | Ocean mist, as directed, or any saline nasal spray.  |
| Indigestion:   | Maalox liquid or tablets, Tunis Ex, Gaviscon, or Mylanta, as needed.   |
| Acid Reflux:   | Pepcid, Pepcid Complete, Tagamet or Zantac, Prilosec, Prevacid.  |
| Constipation:  | Metamucil, Miralax, Citrucel, FiberCon, Colace or Generic Docusate, as directed. Milk of Magnesia caplets as directed for severe constipation. Glycerin suppositories or Fleets enema. |
| Hemorrhoids:   | Anusol or Anusol HC cream or suppositories as directed. Tucks and Amercaine spray or creme are helpful.  |
| Leg Cramps:  | Tunis, two tablets each day.   |
| Topical Creams:  | Hydrocortisone Cream or Neosporin.   |
| Diarrhea:  | Imodium or Imodium AD as directed.   |
| Eye Drops:   | Visine eye drops or Styel Relief.  |
| Gas:   | Mylanta Gas, Mylicon, Gas-X or Phazyme, as directed.   |
| Vaginal yeast symptoms as itching and/or discharge without odor: | Monistat 7 cream or suppositories, as directed on box.   |

**Please call the Woman's Clinic at 731-422-4642 if:**

1. Any of your symptoms are not relieved after 2-3 days.
2. Your symptoms become worse.
3. You have any questions about these or other medications.