

MEDICATION APPROVED FOR USE DURING PREGNANCY AND LACTATION

(Take as directed on label)

HEADACHES/MUSCLE PAIN

Tylenol/Tylenol Extra Strength
Thermacare heat patches
Heat or Ben Gay rub

COUGH/COLD

Robitussin (Any type)
Triaminic Cough Patch (pediatric)
Triaminic (any type)
Cough drops (any type)
Comtrex Deep Chest Relief/Multi-symptom
Tylenol Cough and Cold
Dimetapp cough and Cold
Theraflu products

SORE THROAT/COLDSORES & TOOTHPAIN

Any OTC lozenges
Chloraseptic Spray
Triaminic Get Better Bears
Oragel products-mouth aid, vinctin
Anbesol products

CONGESTION

Sudafed
Chlor Trimeton
Comtrex
Nasal saline
Afrin Nasal spray
Vick's Sinex Nasal spray
Vick's Vapors/vapor rub
Triaminic Vapor Patch

INDIGESTION

Tums
Maalox
Pepcid AC
Geluse/Di-Gel/Gas X
Milk of Magnesia/Mylanta
Amphogel
Zantac 75 (prescription 150)
Tegament HB

CONSTIPATION

Metamucil/Citrucel/Konsy/Fiber (any form)
Colace/Pericolace
Correctol
Glycerin suppository
Fleet's enema
Magnesium citrate-may cause bowel cramping)
Mineral oil
Ex-Lax/Senekot
Dulcolax

DIARRHEA

Kaopectate
Imodium
Donnagel liquid
Pepto-Bismol

ACNE

Topical Benzyl Peroxide
Any OTC astringent

INSOMNIA

Nyctol/Unisom
Tylenol PM
Benadryl 50 mg

HEMORROIDS

Preparation H-cream, suppositories
Anisole-cream, suppositories
Store brand comparable products
Tucks pads
Increase oral fluid intake and
Add stool softener (any OTC) everyday

RASH/ALLERGIC REACTION

$\frac{1}{2}$ - 1% Hydrocortisone cream
Benadryl 50 mg
Calamine lotion, cream
Caladryl normal or maximum strength
Aveeno Oatmeal bath
Aloe Vera gel, cream
Benadryl gel

YEAST INFECTION/VAGINAL ITCHING

Monistat 1 or 7 (intravaginal or external)
Vagistat
Femstat
Replens/Vagisil/Astroglide- "itching only" or
for lubrication during intercourse (these do not
treat yeast)

NAUSEA & VOMITING

Emetrol
Bonine chewable
Dramamine
Pepto Bismol
Vitamin B6 50 mg @night with one Unisom tablet
Sea Beads

SORE NIPPLES/DRY NIPPLES

Vitamin E cream/oil
Lanolin/Lansinoh