



# Associates for Women's Medicine

## 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 (Pseudoephedrine) – 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

Preparation H  
Tucks Pads (keep in refrigerator)

### Diarrhea

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

### 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