



ASSOCIATES
— FOR —
Women's Medicine
315.422.2222

Approved Medication List

In general, it is best to avoid any unnecessary medications during the first 12 wks of pregnancy. If you are taking medication, 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, Z-pack, Augmentin. Call during office hours with specific questions.

Cough & Cold Medications

Robitussin (dextromethorphan)
Mucinex (guaifenesin)
Cough drops/throat lozenges
Chloraseptic Spray

Decongestants

Sudafed (Pseudoephedrine) – take 2-3 days max
Saline Nasal Spray
Afrin (oxymetazoline) (take 2-3 days max)

Antihistamines & Allergy Medicine

Claritin (loratidine), Zyrtec (cetirizine)
Benadryl (diphenhydramine)

Heart burn & Gas

Tums/ Rolaids - 4 per day max
Zantac (Ranitidine)
Gas-X (Simethicone)
Pepcid (famotidine)
DO NOT TAKE Pepto Bismol

Hemorrhoids

Preparation H
Tucks Pads (keep in refrigerator)

Diarrhea

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

Constipation

Colace or Senekot
Miralax
Milk of Magnesia

Insomnia

Unisom
Benadryl for occasional use
Melatonin 3 mg

Morning Sickness

Vit B-6, Unisom (1/2 tablet)

Yeast Infection

Monistat 7 day

Immunizations

Flu, PPD, Tdap