



Main Office
910 Adams St. SE, Suite 200
Huntsville, AL 35801
P: (256) 265-6512
F: (256) 265-6727

www.tvobgyn.com

Crestwood Office
1 Hospital Dr. SW, Suite 302
Huntsville, AL 35801
P: (256) 964-8947
F: (256) 265-6727

Answering Service: (256) 265-6512

SAFE MEDICATIONS IN PREGNANCY

- **Cold/Allergies/Cough**
 - If you have a fever greater than 101, please call our office
 - Plain Robitussin or Robitussin DM
 - Tylenol/ Extra strength or Tylenol PM – no other Tylenol products
 - Benadryl (plain) NOT D
 - Cough drops
 - Chloraseptic Spray
 - Claritin (plain) NOT D
 - Zyrtec
 - Vicks Vapor rub for congestion
 - Saline Nasal Spray for congestion
 - Flonase Allergy Nasal spray
 - Mucinex Plain (blue box)
- **Constipation**
 - Increase water intake, you should drink 8-10 glasses of water daily
 - Increase fiber intake (raw fruits and vegetables)
 - Exercise
 - Metamucil
 - Miralax
 - Citrucel
 - Colace
 - Senokot
- **Hemorrhoids**
 - Tucks pads
 - Proctofoam
 - Preparation H
- **Rash**
 - Benadryl cream
 - Hydrocortisone cream
- **Headache**
 - Drink 8-10 glasses of water daily
 - Tylenol Plain or Extra Strength
 - NO NSAIDS (ibuprofen, Aleve, Motrin, etc.)
 - Peppermint essential oil (apply to your temples and back of neck)
- **Heartburn/ Indigestion**
 - Tums
 - Mylanta
 - Maalox
 - Pepcid (20 mg twice a day)
 - Decrease spicy food intake
- **Insomnia**
 - Comfortable room temperature
 - Avoid heavy meals before bedtime
 - Benadryl
 - Unisom
- **Leg Cramps**
 - Increase potassium and calcium intake
 - Drink 1 glass of Gatorade at bedtime
- **Back Pain**
 - Rest
 - Back rub
 - Heating pad
 - Tylenol
 - Good posture