

CAUTION!
FETAL GROWTH IN PROGRESS

If possible, we advise that you try not to take any medications during your pregnancy (especially during the first 12-14 weeks). However if discomforts arise this is a list of over the counter medications that are believed to be fairly safe for you to take.

Anemia

Slow Fe, Vitron C, Time Release Iron with C

Headaches, Muscle Aches, Fever

Tylenol

Nausea

B6-50mg 2 per day
Emetrol

Indigestion, Heartburn, Acid and/or upset stomach

Mylanta
Maalox-1oz before each meal
Riopan-1 tbsp between meals
Tums
Gaviscon

Colds, Hayfever, Sinus (reduce all dairy products for duration of severe episode)

Sudafed PE
Actifed
Claritin

Stuffy Nose, Allergies

Ocean Spray (nasal)
Benadryl
Claritin

Diarrhea

Immodium

Constipation (increase fiber foods and water)

Colace/Surfac
Metamucil
Psyllium

Cough

Robitussin DM

Dry, scratchy, or sore throat

Throat Lozenges

Hemorrhoids

Preparation-H

Anusol HC or plain

Yeast Infection

Monistat 3 or 7 days

Other commonly asked questions during pregnancy

Can I highlight or perm my hair?	Anytime
May I have my nails done?	Anytime
If I need dental work or minor surgery may I have novacaine?	Yes
Can I have a flu shot?	Yes

DON'T FORGET

**ALWAYS TAKE YOUR PRENATAL VITAMINS AND CALCIUM DAILY
ANY QUESTIONS, YOU MAY CALL THE OFFICE AT 480-860-2322**