

OB/GYN Women's Health Center

Emad Mousa, MD

1125 Ellen Kay Dr. Ste. B

Marion, OH 43302

Tel: 740-383-4090

Fax: 740-383-2850

www.MyLocalObGyn.com

Approved Medications in Pregnancy:

Listed are medications you can take safely for the minor discomfort of pregnancy. In general, it is best to avoid any medications during the first **twelve** (12) weeks of pregnancy. If you are taking a prescription, we should be notified as soon as possible. You can also [contact us](#) at our office if you need additional information.

PAIN MEDICATION:

Tylenol (acetaminophen) for minor aches and pains, headaches.

Codeine (by prescription only)

DO NOT USE:

Aspirin, Motrin, Advil or Aleve .

HEARTBURN, INDIGESTION, GAS:

Tums, Roloids , Gas-X , Mylanta (safe to use for first 12 weeks), Tagmet and Zantac Acid

DO NOT USE:

Pepto-Bismol (contains aspirin)

DIARRHEA:

Imodium (1 dose - if it persists please notify office)

Follow the BRAT diet (banana, rice, applesauce, toast)

###CONSTIPATION:

Colace, FiberCon, Citrucel, Metamucil, Milk of Magnesia and Fiberall

HEMORRHOIDS:

Preparation H (safe throughout entire pregnancy)

###ANTI HISTAMINES:

Zyrtec , Claritin, Benadryl and Dimetapp.

OB/GYN Women's Health Center

Emad Mousa, MD

1125 Ellen Kay Dr. Ste. B

Marion, OH 43302

Tel: 740-383-4090

Fax: 740-383-2850

www.MyLocalObGyn.com

NAUSEA:

Small frequent meals ,Ginger Ale, Vitamin B6 ,
Sea Bands (form of acupuncture on wrists)
Sweet fruit syrup from canned fruits, i.e. pears/peaches

COUGH/COLDS/ DECONGESTANTS:

Robitussin (cough) and Robitussin DM (non productive cough)
Sudafed (pseudoephedrine) , Robitussin CF, Tavist D
Ocean Mist nasal spray (saline solution)

ANTIHISTAMINES:

Zyrtec , Claritin, Benadryl and Dimetapp

INSOMNIA (unable to sleep):

Benadryl

YEAST INFECTIONS:

Monistat

TOOTHACHE:

Orajel
May see dentist, have cavity filling with Novacaine, have dental x-ray with lead shield.

SWEETENERS:

Nutrisweet
DO NOT USE:
Sweet and Low

LICE TREAMENTS:

Rid (only)
DO NOT USE:
Kwell