

General Guidelines for Pregnancy

Safe Medications to Use During Pregnancy

Cold/Sinuses

Tylenol Cold
Sudafed
Saline nasal spray
Breathe Right Strips

Indigestion

Tums
Mylanta
Maalox
Gaviscon
Pepto-Bismol

Allergies

Claritin
Zyrtec
Tylenol Allergy/Sinus
Benadryl
Sudafed

Insomnia

Tylenol PM
Benadryl
Unisom

Cough

Robitussin DM or Plain
Dextromethorphan
Vicks Vapor Rub

Sore Throat

Halls Drops
Chloraseptic Spray
Cepacol
Sucrets
Cepastat

Headache

Tylenol

Yeast Infection

Mycelex
Gyne-Lotrimin
Monistat 7-day

Diarrhea

Imodium
Kaopectate

Aches/Pain/Fever

Tylenol or Tylenol #3
Vicodin

Nausea

Vitamin B6

Constipation

Fibercon
Metamucil
Fiberall
Konsyl
Ducolax
Citricil
Milk of Magnesia

Hemorrhoids

Preparation H
Anusol HC

Heartburn

Tagamet
Zantac
Pepcid
Tums

**Any medications that our doctors prescribe for you are okay to take.*

Safe Antibiotics for Pregnant Women

- Penicillin/Ampicillin
- Erythromycin
- Azithromycin
- Augmentin
- Macroclantin (except the last month of pregnancy)
- Keflex

Exercise During Pregnancy

- Pilates/ yoga modified for pregnancy
- Keep heart rate below 140 beats per minute
- Avoid any exercise where you could fall down or have impact to the abdomen (i.e. **moving** bicycle, kick boxing, surfing, horseback riding)
- Do not become overheated
- Stay well hydrated
- Avoid lifting > 25 lbs.

Avoid These Foods and Additives

- Alcohol
- Saccharin
- MSG (monosodium glutamate)
- Swordfish, Shark, King Mackerel, Tilefish (they contain high levels of mercury)
- Sushi and raw seafood
- Raw or rare meat
- Unpasteurized or raw dairy products

Be Watchful For and Limit These Foods

- Limit Tuna to one can of "light" tuna per week
- Limit fish consumption to 12 oz. of a variety of fish per week
- Limit caffeine to one serving a day
- Cold cuts need to be **heated** prior to eating to kill Salmonella bacteria

Avoid High Temperature Environments

- Saunas ***As long as water temperature is below 101° F, hot tubs, Jacuzzis, or bathtubs are acceptable*
- Tanning Booths
- If you have a fever of 101° then take Tylenol

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