

**OBSTETRICS  
AND  
GYNECOLOGY SPECIALISTS, L.L.P**



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**Approved Medication List for Pregnancy**

First Trimester (0-13 weeks)	Second Trimester (14-28 weeks)	Third Trimester (28-40 weeks)	Breastfeeding
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Headache	Tylenol (as directed)	Tylenol (as directed)	Tylenol (as directed)	Tylenol (as directed)
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Indigestion	Tums	Tums	Tums	Tums
	Mylanta	Mylanta	Mylanta	Mylanta

Cold/Flu or Sinus	Saline Nasal Spray	Saline Nasal Spray	Saline Nasal Spray	
*No Decongestants	Benadryl - 1 every 6 hrs	Benadryl - 1 every 6 hrs	Benadryl - 1 every 6 hrs	
	Chlortrimeton	Chlortrimeton	Chlortrimeton	
	Claritin*	Claritin*	Claritin*	
	Zyrtec*	Zyrtec*	Zyrtec*	

Cough	Halls Cough Drops	Halls Cough Drops	Halls Cough Drops	Halls Cough Drops
	Robitussin Max	Robitussin Max	Robitussin Max	Robitussin Max

Sore Throat	Chloraseptic Spray	Chloraseptic Spray	Chloraseptic Spray	
	Throat Lozenges	Throat Lozenges	Throat Lozenges	
	Warm salty gargles	Warm salty gargles	Warm salty gargles	

Constipation	Fibercon 2 tabs twice a day	Fibercon 2 tabs twice a day	Fibercon 2 tabs twice a day	
	Colace 100mg 2 twice a day	Colace 100mg 2 twice a day	Colace 100mg 2 twice a day	

Diarrhea	Imodium AD	Imodium AD	Imodium AD	
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Sleep	Benadryl	Benadryl	Benadryl	
		Tylenol PM	Tylenol PM	

Reflux	Zantac 150mg 2 twice a day	Zantac 150mg 2 twice a day	Zantac 150mg 2 twice a day	
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Nausea & Vomiting	Dramamine	Dramamine	Dramamine	Ginger
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Yeast	Monistat	Monistat	Monistat	Monistat
	Gyne-Lotrimin	Gyne-Lotrimin	Gyne-Lotrimin	Gyne-Lotrimin