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Medications and Foods during Pregnancy

MEDICATIONS SAFE DURING PREGNANCY

Symptom:	Medications:
Fever	Tylenol (Acetaminophen)
Headache	Tylenol
Sinus congestion	Sudafed, Robitussin
Allergies	Benadryl, Claritin, Zyrtec
Cough/ Sore throat	Robitussin, Cepacol, Chloroseptic spray, Sucrets
Heartburn	Maalox, Mylanta, Tums, Rolaids, Gas-X
Constipation	Metamucil, Fibercon, Colace, Senakot, Milk of Magnesia
Nausea	Vitamin B6, Ginger, Phenergan, Zofran
Leg cramps	Calcium, Potassium
Hemorrhoids	Preparation H, Anusol, Tucks pads
Vaginal yeast infection	Monistat, Gynazole
Upper respiratory infections	Amoxicillin, Azithromycin (Z Pak)
Urinary tract infections	Macrobid (Nitrofurantoin), Amoxicillin

FOODS TO AVOID DURING PREGNANCY

Soft non-pasteurized cheeses	Queso, Brie, Camembert, Roquefort, Feta, Gorgonzola
Fish high in Mercury	Shark, Swordfish, King Mackerel, Tilefish
Undercooked Fish	Sushi, Sashimi, Raw oysters/clams, Smoked salmon (Lox), Cerviche, Crudo
Undercooked Meats	Steak Tartare, Pate
Raw eggs	Some Caesar dressings and Hollandaise sauces

