

*The Following Medications Are Approved During
Pregnancy and Breast Feeding*

In general it is recommended that medicines be taken only when necessary. We recommend that drugs be avoided when alternative natural therapies may help. For example, stress reduction, meditation, and massage may work well for headaches and no medicine would be necessary. Dietary approaches to nausea/vomiting, diarrhea, and constipation should be used first. Heartburn may improve with frequent small meals, elevation of the head of the bed, drinking liquids between rather than with meals, and not eating before lying down.

Boojum Obstetrics

Many pharmaceutical drugs are derived from natural plant sources. Herbal therapies may be of benefit. However, rarely have studies been done during pregnancy to establish the safety of natural or herbal therapies. This is not to say that they are unsafe, but rather that we at *Boojum Babys* can not guarantee safety.

Medications which we prescribe during pregnancy are felt to be safe when medically needed. Both prescribed and over the counter medications are to be *used as directed and labeled*. Use of non-prescription drugs should be limited in the first trimester. If you are using an over the counter medicine, call us if symptoms persist beyond three days.

Antacid	Tums (also a good source of calcium), Sodium Free Rolaids, Maalox, Mylanta, Pepcid, Zantac.
Colds	Contac (all types), Sudafed, Clortrimeton, Tylenol Cold, Robitussin DM (good for cough), Benadryl Cough Syrup, Vicks Cough Drops, Throat lozenges such as Chloraseptic or Sucrets.
Constipation	Prune juice, Sugar free candies made with sorbitol (Sorbee), Licorice Nips, Metamucil powder or cookies, Citrucel.
Diarrhea	Kaopectate, Imodium A-D
Headache	Tylenol (Acetaminophen) plain or extra strength, Lavender scent (place oil on cotton ball and smell). Avoid Aspirin or Ibuprofen unless specifically recommended by the physician. Narcotics can be used for severe pain but have addictive potential when used over prolonged periods.
Hemorrhoids	Anusol HC ointment or suppository, Preparation H, Tucks.
Congestion	Breathe Right Nasal Strips, Saline nose sprays such as Ayr
Allergic Rhinitis	Sudafed, Clortrimeton. Rx required: Claritin D, Rhinocort, or other nasal steroid
Nausea/Vomiting	Ginger, Peppermint tea, Motion sickness wrist bands, Vitamin B6 10-25 mg 3-4 times daily, Unisom 12.5 mg 3-4 times daily, Benadryl, Dramamine. Rx : Phenergan, Tigan, or Zofran.
Yeast Vaginitis:	Monistat, Gyne-Lotrimin after the first trimester.

The safest amount of alcohol in pregnancy is none. The limited use of aspartame is safe unless you have phenylketonuria. Stop smoking. Please ask us if you have questions regarding any specific medications