



Keystone
Women's Care
a service of Keystone Health

SELF HELPS AND SAFE MEDICATIONS IN PREGNANCY

The following medications are safe to use as directed when needed:

Headaches and/or fever: Tylenol regular strength

Colds, nasal congestion: Claritin
Benadryl
Alavert
Saline nasal spray
Increase fluids
Humidifier
Rest
Chloraseptic Spray/Lozenges
Cepacol Spray/Lozenges
Warm salt water gargles

Cough: Robitussin/plain or DM

Indigestion: Tums
Maalox
Mylanta
Mylicon
Pepcid

Constipation: Metamucil, Pericolace, Increase water intake, fiber rich foods, fruit

Hemorrhoids: Preparation H, Anusol, Tucks

Yeast Infection: Monistat 7

Nausea & Vomiting: Meclizine
Vitamin B6 10mg-25mg AND Unisom 12.5mg-25mg Take together every
8 hours

Leading the way to a healthier community



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MEDICAMENTOS SEGUROS DURANTE EL EMBARAZO

Los siguientes medicamentos se pueden tomar si los usa como se indica:

Dolor de cabeza y/o fiebre: Tylenol (regular)

Resfriados, congestión nasal: Claritin
Benadryl
Alavert
Spray nasal ("saline")
Incrementar líquidos
Humidificador
Reposo
Chloraseptic spray o pastilla
Cepacol spray o pastilla
Gárgaras de agua tibia con sal

Tos: Robitussion o Robitussin DM

Indigestión: Tums
Maalox
Mylanta
Mylicon
Pepcid

Estreñimiento: Metamucil, Percolace, Tomar mucha agua, Alimentos ricos en fibra, Fruta

Hemorroides: Preparation H, Anusol, Tucks

Infección de hongo vaginal: Monistat 7

Náusea/vómitos: Meclizine
Vitamin B6, 10-25 mg y Unisom, 12.5-25mg Tomar todas juntas cada 8 horas

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