

safe medications



LAIiMA way:

1. Safety first
2. Not taking is Not always the best - often times mom's condition affects baby more then medication would.
3. Have phenomenal Experience - sometimes you feel best by keeping medications free, sometimes your experience would be dramatically affected by a medication that has a proven safety record in pregnancy.
4. DON'T "look it up"

Basic list:

- Headache - check out "HEADACHE IN PREGNANCY", may take Tylenol 650 mg by mouth 1 -2 times daily, if taking more then 2 days
- Nausea/Vomiting - check out "MORNING SICKNESS", may take Unisom 12.5 mg up to 3 times daily along with B6 vitamin. Not better?
- Cold/Cough - check out "COLD/COUGH", may use nasal spray, Benadryl 25 mg as antihistamine. Not better?
- Antibiotics - other doctors or dentist may prescribe antibiotics for you - many antibiotics are safe in pregnancy. DON'T worry - questions?
- Constipation - check out "CONSTIPATION", start "natural" and move on to Psyllium 29 mg/day, Colace 100mg twice daily. Not better?
- Insomnia - check out "HOW TO SLEEP", start "natural", may use Unisom 25 mg nightly, OR Tylenol PM. If not better

Talk/call

