

Medications

Medications should only be used, if necessary, in pregnancy and only with medical advice. If you are on a prescription medication from another physician, don't stop taking it but please discuss all medicines with Dr Berios. The lack of treatment could be more harmful than the drug. Seek the advice of your physician and always check the label for appropriate use.

Over the Counter Medications that are Safe for Pregnancy:

Fever, Pain, Headache or Muscle Soreness	Panado
Morning Sickness / Nausea	Asic
Heartburn, Acid Reflux, and Indigestion	Gaviscon Mucaine
Constipation	Movicol
Cold or Other Upper Respiratory Illnesses	Paediatric Iliadin Panado
Cough	Expigen
Sore Throat	Gargle with salt water (1/4 tsp salt in 250ml water) and Throat lozenges
Sleep Hemorrhoids Diarrhea Yeast Infection (Thrush) Allergies Leg Cramps Rashes Bladder Infections (UTI)	Discuss with Dr Berios

It is important in pregnancy not to self-medicate and not to make self-diagnosis. Since the physiology of your body is altered, it always best to speak to Dr Berios.