

怀孕期间可安全使用的药物

Medications Safe for Use During Pregnancy (Chinese)

下面列出的药物在怀孕期间可以安全服用，须按照包装说明服用。如果对使用这些药物有任何疑问，或者用药后症状持续，未能缓解，请致电您的医生或助产士。

The medications listed below are safe to take during your pregnancy and should be taken according to the package directions. If you have any questions about using these medications, or if you continue to have symptoms that are not helped by the medication, call your doctor or midwife.

过敏症状 Allergy symptoms

- 西替利嗪 (仙特明 Zyrtec®) Cetirizine (Zyrtec®)
- 苯海拉明 (苯那君 Benadryl®) Diphenhydramine (Benadryl®)
- 非索非那定 (阿莱格拉 Allegra®) Fexofenadine (Allegra®)
- 氟替卡松 (氟洛酶 Flonase®) Fluticasone (Flonase®)
- 氯雷他定 (开瑞坦 Claritin®) Loratadine (Claritin®)
- 伪麻黄碱 (速达菲 Sudafed®) 治疗鼻塞 Pseudoephedrine (Sudafed®) for nasal congestion
 - **妊娠早期 (怀孕头 12 周) 不要服用这种药物。** 如果您患有高血压，请在服用这种药物之前咨询您的医疗保健提供者。

- **Don't take this medication during the first trimester (the first 12 weeks of pregnancy).** If you have high blood pressure, talk with your health care provider before taking this medication.
- 哮喘处方药 Prescription asthma medications

感冒和流感 Colds and flu

- 愈创甘油醚 (Mucinex®) 治疗鼻塞 Guaifenesin (Mucinex®) for congestion
- 右美沙芬 (Robitussin®) 治疗咳嗽 Dextromethorphan (Robitussin®) for cough
- 对乙酰氨基酚 (泰诺 Tylenol®) 用于疼痛和体温超过 38.1° C (100.6° F)
Acetaminophen (Tylenol®) for aches, pains, and a temperature over 100.6° F (38.1° C)
- 苯佐卡因 (Chloraseptic®、Cepacol®、Halls®) 含片治疗喉咙痛
Benzocaine (Chloraseptic®, Cepacol®, Halls®) lozenges for sore throat

便秘 Constipation

- 聚乙二醇 (Miralax®) Polyethylene glycol (Miralax®)
 - 这是治疗便秘的首选药物。This is the preferred medication to take for constipation.
- 多库酯钠 (Colace®) 大便软化剂 Docusate sodium (Colace®) stool softener
- 纤维 (Metamucil® 或 FiberCon®) Fiber (Metamucil® or FiberCon®)

腹泻 Diarrhea

- 洛哌丁胺 (易蒙停 Imodium®) 用于治疗持续超过 24 小时的腹泻
Loperamide (Imodium®) for diarrhea lasting longer than 24 hours

头痛 Headaches

- 对乙酰氨基酚 (泰诺 Tylenol®) Acetaminophen (Tylenol®)
- **不要服用阿司匹林、布洛芬或萘普生 Do not take aspirin, ibuprofen, or naproxen**

胃灼热或胀气 Heartburn or gas

- 钙 (Tums®、Mylanta®、Maalox®) 治疗胃灼热
Calcium (Tums®, Mylanta®, Maalox®) for heartburn
- 西甲硅油 (Mylicon® 或 Gas-X®) 治疗胀气
Simethicone (Mylicon® or Gas-X®) for gas
- 雷尼替丁 (善胃得 Zantac®) Ranitidine (Zantac®)

痔疮 Hemorrhoids

- 外用去氧肾上腺素痔疮凝胶 (Preparation H®或 Anusol®)
Topical phenylephrine hemorrhoidal gel (Preparation H® or Anusol®)
- 金缕梅垫 Witch hazel pads

恶心和呕吐 Nausea and vomiting

- 维生素 B6 (每天服用 3 次, 每次 25 毫克) 加琥珀酸多西拉敏 (Unisom®)
(每次 25 毫克, 每天最多 3 次)
Vitamin B6 (take 25 mg 3 times per day) plus doxylamine succinate (Unisom®) (take 25 mg up to 3 times per day)

阴道酵母菌感染 Vaginal yeast infection

- 咪康唑 (Monistat®) Miconazole (Monistat®)
 - 您可以使用 1 天、3 天或 7 天的治疗。 You can use the 1 day, 3 day, or 7 day treatment.

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