

SAFE MEDICATIONS IN PREGNANCY

The following medications may be taken safely during pregnancy. We recommend that you try non-drug treatments first. For example, if you have a headache, try lying down in a quiet, dark room. If you do not get relief, please use the following guidelines. You may follow the directions on the bottle.

Cold/Sinuses

Tylenol Cold
Sudafed / Actifed
Saline nasal spray
Nasal crom
Benadryl
Dristan

Cough

Robitussin DM
Robitussin Plain
Dextromethorphan
Vicks Vapo Rub

Indigestion

Tums/Rolaids
Mylanta
Maalox

Sore Throat

Halls drops
Chloraseptic Spray
Cepacol
Sucrets

Insomnia

Tylenol #3
Tylenol PM
Benadryl

Allergies

Claritin D
Zyrtec
Tylenol Allergy/Sinus
Claritin

Heartburn

Tagamet
Zantac
Pepcid
Tums/Rolaids

Diarrhea

Imodium
Kaopectate

Yeast Infection

Mycelex
Gyne-Lotrimin
Monistat 7 day

Aches/Pains/Fever

Tylenol
Tylenol #3

Headache

Tylenol

Constipation

Fibercon
Metamucil
Fiberall
Dulcolax
Citracil
Colace

Nausea

Vitamin B6
Unisom 1/2 tablet

Hemorrhoids

Preparation H

