

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
Mucinex

COUGH

Robitussin DM
Robitussin Plain
Dextromethorphan
Vicks Vapo Rub
Mucinex

INDIGESTION

Tums / Rolaids
Mylanta
Maalox
Milk of Magnesia

SORE THROAT

Halls drops
Chloraseptic Spray
Cepacol
Sucrets

INSOMNIA

Tylenol PM
Benadryl
Unisom

MOTION SICKNESS

Meclizine (Borine, Antivert)
Dramamine

DIARRHEA

Imodium
Kaopectate

ALLERGIES

Zyrtec (and Zyrtec D)
Tylenol Allergy / Sinus
Claritin (and Claritin D)

HEARTBURN

Tagamet
Zantac
Pepcid
Tums / Rolaids

YEAST INFECTION

Mycelex
Gyne-Lotrimin
Monistat 7 day

ACHES / PAINS / FEVER

Tylenol

HEADACHE

Tylenol

CONSTIPATION

Fibercon
Metamucil
Fiberall
Dulcolax
Citracil
Colace (Docusate sodium)
Milk of Magnesia

NAUSEA

Vitamin B6
Unisom 1/2 tablet

HEMORRHOIDS

Preparation H

SKIN CONDITIONS

Neosporin
Hydrocortisone cream (0.5% or 1%)