



Safe Medications During Pregnancy

Congratulations on your new pregnancy. Our wish is that your pregnancy is as special as you are. We have arranged this list of medications that you can take in your pregnancy for everyday aches and pains or problems you may run into.

Please put in a safe place that is easily accessible to you. If you have any other medications you want to take please contact the office to verify that it is safe in your pregnancy. All over the counter medications are to be taken as directed on the manufactures label.

Colds / Flu / Allergies:

Tylenol cold & flu
Tylenol Sinus or Allergy
Benadryl
Sudafed or Actifed
Saline Nasal Spray
Claritin (regular) / Zyrtec

Constipation:

Metamucil or Citrucel
Fibercon or Miralax
Colace or Ducolax

Cough:

Robitussin DM sugar free
Dimatapp or Triaminic

Headaches / Aches / Pains:

Tylenol- regular strength
(Not to exceed 4000mg a day)

Indigestion:

Tums or Rolaids
Maalox or Mylanta
(NO Pepto Bismol)

Nausea:

Vitamin B-6 (100mg a day)
Sea Bands
Dramamine
Unisom

Diarrhea:

Imodium A-D

Gas:

Gas-X or Mylicon

GERD:

Zantac or Tagamet
Prilosec (preventative)

Hemorrhoids:

Tucks or Witch Hazel
Preparation H
Anusol

Insomnia:

Unisom
Benadryl

Vaginal Yeast Infection:

Clotrimazole Cream
(Gyne-Lotrimin)

Immunizations:

Flu vaccine once a year
Tdap (Tetanus, diphtheria and pertussis vaccine) after 20 wks gestational age.

Please be aware that some herbs in pregnancy can be very harmful to your pregnancy. Please check with us before taking anything not on this list. If any of the measures are not helping after one week, please call the office.