



Safe Medications During Pregnancy

Congratulations on your new pregnancy. 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 medications 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 during your pregnancy. All over the counter medications are to be taken as directed on the manufactures label.

Cold/Flu/Allergy

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

Diarrhea

Imodium A-D

Hemorrhoids

Tucks or Witch Hazel pads
Preparation H
Anusol

Vaginal Yeast

Clotrimazole Cream
(Gyne-Lotrimin)
Miconazole (Monistat 7 day)

Constipation

Metamucil
Citrucel
Fibercon
Miralax
Colace
Ducolax

Gas

Gas-X
Mylicon

Indigestion

Tums
Rolaids
Maalox
Mylanta
(NO Pepto Bismol)
Zantac
Tagamet
Prilosec

Cough

Robitussin DM sugar free
Dimatapp
Triaminic

Headaches/ Aches/ Pains

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

Insomnia

Unisom
Benadryl

Nausea

Vitamin B-6 (100mg a day)
Dramamine (regular strength)
Unisom
(can take 1/2 tab with Vitamin B6)

Immunizations

Flu vaccine once a year (September through March)
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.