Safe Medications During Pregnancy

As a general rule, try conservative measures first to relieve bothersome symptoms and if symptoms worsen despite several days of treatment, contact the clinic.

This is not an all inclusive list of medications. If you have questions about other medications, please contact the clinic.

**Cold/Cough/Allergies**
Robitussin, Robitussin DM, Sudafed, Benadryl, Chlor-Trimaton, Actifed, Claritin, Tylenol Sinus, Alavert

*For cold symptoms, we recommend rest, hydration, and using a humidifier to avoid dry air.*

**Heartburn/Reflux/Gas**
Tums, Maalox, Mylanta, Zantac, Rolaids, Pepcid AC, Gas-X, Simethicone (Gas-X), Mylicon chewables, Prevacid

*Avoid spicy foods, carbonated beverages and acidic foods such as tomatoes, tomato sauces and orange juice. Try not to eat just before lying down, as this can worsen symptoms.*

*NO Peptobismol (contains aspirin)*

*NO Alkaseltzer (contains aspirin)*

**Sore Throat**
Chloraseptic spray or lozenges, Cepacol lozenges, Halls cough drops

**Diarrhea**
Immodium, Kaopectate

*If not resolving in 48 hours, call your provider.*

**Pain**
Tylenol or generic Acetaminophen 650-1000mg every 6 hours as needed *(do not exceed 3 grams in a 24-hour period)*

*For headaches, we also recommend using a cool cloth on your forehead and avoiding light and loud sounds. NO Ibuprofen, Motrin, Advil, aspirin or Aleve.*

**Constipation**
Metamucil, Colace (docusate), Milk of Magnesia, Citrucel, Fibercon

*To avoid constipation, drink plenty of water and eat fruits, vegetables, raisin bran, whole grain cereals, prunes and pears.*

**Nausea**
Vitamin B6, Emetrol, Unisom

*If you have severe nausea, call you provider*

**Rash**
Hydrocortisone cream, Benadryl (oral or cream), Calamine lotion

*If not resolving in 48 hours, call your provider.*

**Hemorrhoids**
Anusol, Preparation H, Tucks pads

**Vaginal Yeast Infections**
Monistat 3 or 7 day