



Safe meds in pregnancy

Common cold/sinuses

- Actifed®
- Benadryl®
- Claritin® and Claritin® D
- Mucinex®
- Saline only nasal spray (no Afrin®)
- Sudafed®
- Tylenol® Cold/Sinus
- Zyrtec®

Headaches/aches and pains

- Tylenol®/Tylenol® Extra Strength
- Excedrin® Tension Headache

NO aspirin, ibuprofen, Motrin® or Advil®. If no relief with Tylenol, please contact office.

Cough

- Robitussin® CF only
- Robitussin® Liquid Gel (no alcohol)
- Cough drops
- Chloraseptic® spray

Constipation

- Colace®
- Fiber supplement (Metamucil®, Benefiber®, etc.)
- Fleet® enema
- Glycerin suppository
- Milk of Magnesia (liquid or gel caps)
- Miralax®
- Senokot® S

Diarrhea

- Kaopectate®
- Imodium® AD

Heartburn/gas

- Gas-X®
- Prilosec® OTC
- Maalox®
- Mylanta®
- Zantac®, 75 mg or 150 mg, up to twice daily

Hemorrhoids

- Anusol® (may use for one week)
- Preparation H®
- Tucks®

Indigestion

- Take Roloids and TUMS as needed up to four times a day (calcium - and magnesium-based antacids).
- Use Gas-X (simethicone).
- Take Pepcid AC (famotidine) or Prilosec OTC (omeprazole) once daily to prevent reflux.

Nausea

- First, try vitamin B6, 50 mg, every six hours
- If no relief, try adding Dramamine® or Unisom® (take these along with the vitamin B6)
- B-natal® candy
- Emetrol®
- Sea-Band®

Rash

- Use calamine lotion (pramoxine/zinc), cortisone cream or Benadryl by mouth or on the skin.

Sleep

- Benadryl®
- Unisom®
- Dramamine®
- Tylenol® PM

Sore throat

- Gargle four times a day with warm salt water.
- Use throat lozenges and Chloraseptic spray.

Stuffy nose

- Flonase

Yeast infection

- Monistat 7