

Medications Safe to Use During Pregnancy



Headache, Fever: Plain Tylenol (Acetaminophen)

Antacids: Tums, Mylanta, Axid, Tagamet, Pepcid (2nd & 3rd trimesters only)

Constipation: Increase in fiber (eating fruits, green leafy veggies, bran cereals) increase fluid intake, decrease sugars, increase physical activity – if not effective: Colace stool Softener, Metamucil, Benefiber, Citrucel, Miralax, Glycerine Suppository, Prune Juice

Diarrhea: pepto-Bismol, Imodium AD (only 3 days)

Hemorrhoids: Preparation H, Anusol cream and suppositories, Witch Hazel pads

Yeast Infection: Monistat 7 (Miconazole) ****Call if no improvement in 2 days****

Nausea: Motion Sickness wrist bracelets (Can be purchased at Bass Pro Shops), Ginger, flattened coca cola, Vitamin B6+ Unisom sleep aid, Dramamine, Benadryl

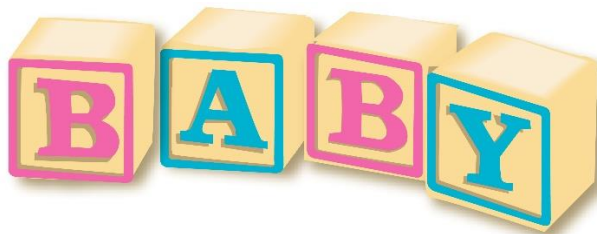
Rashes: Benadryl cream, Hydrocortisone cream/ointment, Caladryl lotion, Aveeno oatmeal bath

Allergies: Claritin D, Zyrtec, Flonase

Sinus Pain and Pressure: Plain Sudafed, Nasal Saline nose drops, Netti Pot (purchase at pharmacy), Afrin nasal spray (after 12 weeks – once every 12 hours for no more than 3 days)

Cough and Cold: Robitussin DM, Delsym, Coricidin HBP Cough and Cold (if high blood pressure), Mucinex (chest congestion) Tylenol Cold, Robitussin cough drops, Cepacol throat lozenges (sore throat)

Dental Care: Xylocaine (local anesthesia) is allowed



If these medication do not relieve your symptoms or if you develop a fever greater than 100.4° F, notify your physician.