

## SAFE MEDICATIONS IN PREGNANCY

The following medications may be taken safely during pregnancy. We recommend that you try non-drug treatments first. For example, if you have a headache, try lying down in a quiet, dark room. If you do not get relief, please use the following guidelines. You may follow the directions on the bottle.

### COLD / SINUSES

Tylenol Cold  
Sudafed / Actifed  
Saline nasal spray  
Nasal crom  
Benadryl  
Dristan  
Mucinex

### COUGH

Robitussin DM  
Robitussin Plain  
Dextromethorphan  
Vicks Vapo Rub  
Mucinex

### INDIGESTION

Tums / Rolaids  
Mylanta  
Maalox  
Milk of Magnesia

### SORE THROAT

Halls drops  
Chloraseptic Spray  
Cepacol  
Sucrets

### INSOMNIA

Tylenol PM  
Benadryl  
Unisom

### MOTION SICKNESS

Meclizine (Borine, Antivert)  
Dramamine

### DIARRHEA

Imodium  
Kaopectate

### ALLERGIES

Zyrtec (and Zyrtec D)  
Tylenol Allergy / Sinus  
Claritin (and Claritin D)  
Benadryl

### HEARTBURN

Tagamet  
Zantac  
Pepcid  
Tums / Rolaids

### YEAST INFECTION

Mycelex  
Gyne-Lotrimin  
Monistat 7 day

### ACHES / PAINS / FEVER

Tylenol

### HEADACHE

Tylenol

### CONSTIPATION

Fibercon  
Metamucil  
Fiberall  
Dulcolax  
Citracil  
Colace (Docusate sodium)  
Milk of Magnesia

### NAUSEA

Vitamin B6  
Unisom 1/2 tablet

### HEMORRHOIDS

Preparation H

### SKIN CONDITIONS

Neosporin  
Hydrocortisone cream (0.5% or 1%)