

## Safe Medications During Pregnancy (page 1)

Use this list as a guide for making decisions about what medications to take during pregnancy. The following medications are considered safe in pregnancy. Speak with your provider about medications you are currently taking including the medication name, dose and reason for treatment. Please ensure that your entire healthcare team, including your dentist, are aware of your pregnancy. Our goal is to provide collaborative care between you and your healthcare team.

Condition	Medication
Insomnia	<ul style="list-style-type: none"> <li>• Benadryl (diphenhydramine)</li> <li>• Tylenol PM</li> <li>• Unisom (doxylamine)</li> </ul>
Pain, headache or muscle soreness	<ul style="list-style-type: none"> <li>• Tylenol (acetaminophen) – may take two regular strength every four hours or two extra-strength every six hours as needed</li> </ul>
Morning sickness	<ul style="list-style-type: none"> <li>• Vitamin B6 (25mg three times a day) may also add Unisom/ doxylamine (half tablet once or twice per day)</li> <li>• Tums (calcium carbonate)</li> <li>• Emetrol</li> </ul>
Nausea, upset stomach or gas	<ul style="list-style-type: none"> <li>• Emetrol</li> <li>• Mylanta (aluminum hydroxide)</li> <li>• Gas X (simethicone)</li> </ul>
Heartburn	<ul style="list-style-type: none"> <li>• Tums (calcium carbonate)</li> <li>• Pepcid AC (famotidine)</li> <li>• Mylanta</li> <li>• Maalox</li> </ul>
Diarrhea	<ul style="list-style-type: none"> <li>• Imodium AD (loperamide)</li> </ul>
Yeast infections	<ul style="list-style-type: none"> <li>• Monistat or other vaginal yeast creams (insert the applicator carefully)</li> <li>• Contact your OB office if you suspect a vaginal infection, especially if it does not respond to over-the-counter yeast medications</li> </ul>
Rashes or skin conditions	<ul style="list-style-type: none"> <li>• Benadryl cream or ointment, Calamine lotion, hydrocortisone cream 1%, Aveeno oatmeal baths</li> <li>• Neosporin as a first aid ointment</li> </ul>

*\*Please consult your OB Provider before taking Sudafed (pseudoephedrine) if you have high blood pressure.*



## Safe Medications During Pregnancy (page 2)

Condition	Medication
Allergies	<ul style="list-style-type: none"> <li>• Benadryl (diphenhydramine)</li> <li>• Claritin (loratadine)</li> <li>• Zyrtec (cetirizine)</li> </ul>
Constipation	<ul style="list-style-type: none"> <li>• Fiber source, such as Metamucil or Citrucel</li> <li>• Glycerin suppository, Milk of Magnesia or Senekot</li> <li>• Stool softener, such as Colace or Surfak (docusate)</li> </ul>
Hemorrhoids	<ul style="list-style-type: none"> <li>• Tucks medicated pads</li> <li>• Witch hazel compresses</li> <li>• Anusol</li> <li>• Preparation H</li> </ul>
Upper respiratory illnesses (cough, cold or sore throat)	<ul style="list-style-type: none"> <li>• Congestion:                             <ul style="list-style-type: none"> <li>- Nasal saline spray</li> <li>- Benadryl (diphenhydramine)</li> <li>- Actifed (chlorpheniramine and phenylephrine)</li> <li>- Afrin Nasal Spray (oxymetazoline hydrochloride)</li> <li>- Zyrtec (cetirizine hydrochloride)</li> <li>- Sudafed (pseudoephedrine)*</li> <li>- Tylenol Cold &amp; Sinus (acetaminophen and pseudoephedrine)</li> </ul> </li> <li>• Cough                             <ul style="list-style-type: none"> <li>- Halls Cough Drops</li> <li>- Ricola</li> <li>- Vicks VapoDrops</li> <li>- Robitussin DM (dextromethorphan and Guaifenesin)</li> <li>- Dimetapp (brompheniramine and pseudoephedrine)</li> </ul> </li> <li>• Sore Throat                             <ul style="list-style-type: none"> <li>- Chloraseptic Throat Spray</li> <li>- Tylenol (acetaminophen)</li> <li>- Luden's Throat Drops</li> </ul> </li> </ul> <p><i>*Please consult your OB Provider before taking Sudafed (pseudoephedrine) if you have high blood pressure. Avoid pseudoephedrine in the first trimester of pregnancy (first three months). Use a product best suited for your symptoms and the least possible medication(s). Remember that some products contain combinations of two or more medications.</i></p>

