

Medications Safe for Use During Pregnancy

The medications listed below are safe to take during your pregnancy and should be taken according to the package directions. If you have any questions about using these medications, or if you continue to have symptoms that are not helped by the medication, call your doctor or midwife.

Allergy symptoms

- Cetirizine (Zyrtec®)
- Diphenhydramine (Benadryl®)
- Fexofenadine (Allegra®)
- Fluticasone (Flonase®)
- Loratadine (Claritin®)
- Pseudoephedrine (Sudafed®) for nasal congestion
 - **Don't take this medication during the first trimester (the first 12 weeks of pregnancy).** If you have high blood pressure, talk with your health care provider before taking this medication.
- Prescription asthma medications

Colds and flu

- Guaifenesin (Mucinex®) for congestion
- Dextromethorphan (Robitussin®) for cough
- Acetaminophen (Tylenol®) for aches, pains, and a temperature over 100.6 °F (38.1 °C)
- Benzocaine (Chloraseptic®, Cepacol®, Halls®) lozenges for sore throat

Constipation

- Polyethylene glycol (Miralax®)

- This is the preferred medication to take for constipation.
- Docusate sodium (Colace®) stool softener
- Fiber (Metamucil® or FiberCon®)

Diarrhea

- Loperamide (Imodium®) for diarrhea lasting longer than 24 hours

Headaches

- Acetaminophen (Tylenol®)
- **Do not take aspirin, ibuprofen, or naproxen**

Heartburn or gas

- Calcium (Tums®, Mylanta®, Maalox®) for heartburn
- Simethicone (Mylicon® or Gas-X®) for gas
- Famotidine (Pepcid®)

Hemorrhoids

- Topical phenylephrine hemorrhoidal gel (Preparation H® or Anusol®)
- Witch hazel pads

Nausea and vomiting

- Vitamin B6 (take 25 mg 3 times per day) plus doxylamine succinate (Unisom®) (take 25 mg up to 3 times per day)

Vaginal yeast infection

- Miconazole (Monistat®)
 - You can use the 1 day, 3 day, or 7 day treatment.

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