

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: **Avoid taking this medication during the first trimester (12 weeks pregnancy)** *Talk with your health care provider if you have high blood pressure
- Prescription asthma medications

Colds and Flu

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

Constipation

- Polyethylene glycol (Miralax[®])
- Docusate sodium (Colace[®]) stool softener
- Fiber (Metamucil[®], Fiber Con[®])

Diarrhea (continuing longer than 24 hours)

- Loperamide (Immodium)

Headaches

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

Heartburn/Gas

- Calcium (Tums[®], Mylanta[®], Maalox[®]) for heartburn
- Simethicone (Mylicon[®] or GasX[®]) for gas
- Famotidine (Pepcid[®])

Hemorrhoids

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

Nausea and Vomiting

- Vitamin B6 25mg 3 times per day plus doxalamine succinate (Unisom[®]) 25mg up to three times per day.

Vaginal Yeast Infection

- Miconazole (Monistat[®]) 1-day, 3-day or 7-day treatment

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