



Medications Safe for Use During Pregnancy

The medications listed below are considered safe to take during your pregnancy. You should take these medications according to the package directions. Please contact the office if you have any questions regarding the medication list or if you continue to have symptoms that are not helped by the medication.

Seasonal Allergies

- Cetirizine (Zyrtec®)
- Diphenhydramine (Benadryl®)
- Fexofenadine (Allegra®)
- Fluticasone (Flonase®) nasal spray
- Loratadine (Claritin®)

Cold & Flu

- Acetaminophen (Tylenol® Cold & Flu, Tylenol® Sinus Severe)
- Benzocaine (Cepacol®)
- Budesonide (Rhinocort®) nasal spray
- Dextromethorphan (Robitussin®)
- Guaifenesin (Mucinex®)
- Mometasone (Nasonex®) nasal spray
- Pseudoephedrine (Sudafed®) - avoid in 1st trimester or if you have blood pressure
- Vicks® Vapor Rub
- Complementary: Emergen-C®, Zicam®, saline rinse/spray, Neti-Pot, saltwater gargle

Constipation

- Bisacodyl (Dulcolax®) suppository
- Docusate (Colace®)
- Fiber (Citrucel®, Fibercon®, Metamucil®)
- Polyethylene Glycol (Miralax®)
- Complementary: probiotics, magnesium supplement 200-600mg every night

Diarrhea

- Loperamide (Imodium®)
- Complementary: probiotics

Fever

- Acetaminophen (Tylenol®)

Headaches

- Acetaminophen (Tylenol®)
- Avoid NSAIDs (aspirin, ibuprofen, naproxen)
- Complementary: magnesium supplement 200-600mg daily, caffeine, cold compress

Heartburn

- Calcium (Tums®, Maalox®, Mylanta®)
- Esomeprazole (Nexium®)
- Famotidine (Pepcid®)
- Lansoprazole (Prevacid®)
- Omeprazole (Prilosec®)
- Complementary: apple cider vinegar, papaya enzymes

Hemorrhoids

- Hydrocortisone hemorrhoid cream (Anusol®, Preparation H®)
- Complementary: witch hazel (Tucks®), sitz bath

Insomnia

- Acetaminophen (Tylenol® PM)
- Diphenhydramine (Benadryl®)
- Doxylamine (Unisom®)
- Avoid melatonin.
- Complementary: magnesium supplement 200-600mg daily

Nausea

- Vitamin B6 25mg 3x daily
- Dimenhydrinate (Dramamine®)
- Diphenhydramine (Benadryl®)
- Doxylamine (Unisom®) - alone or in combination with Vitamin B6
- Complementary: Ginger 250mg 4x daily, acupressure (Sea-Bands®)

Restless Legs

- Magnesium supplement 200-600mg daily or topical spray
- Increase hydration

Yeast Infection

- Miconazole (Monistat® 7 day)
- Complementary: probiotics