

Safe Medications During Pregnancy

This is not a comprehensive list; however, these are the most common over the counter medications we recommend for the listed conditions. Please contact our office if you have any questions regarding these medications.

Prenatal vitamins should contain DHA and Iron.

Colds: Make sure to increase fluid intake!! Tylenol cold & flu, Tylenol cold/allergy, Mucinex, Mucinex-DM, saline nasal spray, Vick's Vapor Rub.

Cough: Delsym, Mucinex DM, Robitussin DM, cough drops.

Sore Throat: Warm saltwater gargles, throat lozenges, Chloraseptic spray, or Tylenol extra-strength.

Allergies: Zyrtec (cetirizine), Tylenol Allergy, Claritin (loratadine), Benadryl (Diphenhydramine).

Headaches: Tylenol Extra-Strength

Nausea: Emetrol, Combination of Unisom (tablets) and Vitamin B6. Fluids are essential to prevent dehydration. If you are unable to eat, make sure you are drinking plenty of fluids (Gatorade, Sprite, Ginger-Ale, Pedialyte, Jell-O). You may try ginger snaps, saltines, dry toast, dry baked potato. If your prenatal vitamin seems to be causing increased nausea, you may discontinue them until symptoms resolve, or try taking them at night. Please call the office if you are unable to keep anything down. Prescription medications may also be available.

Reflux/Heartburn/Indigestion: For immediate relief of symptoms try Tums, Mylanta, Riopan, Maalox. For prevention of symptoms: Zantac 75-150mg twice a day, or Pepcid AC. These must be taken daily regardless of symptoms in order to prevent symptoms from occurring.

Gas: Maalox, Gas-X, Phazyme, Mylicon.

Constipation: Increase fluids and fiber in your diet. Fibercon, Benefiber, Citrucel or Metamucil. Colace 100mg tablets twice a day. Miralax once daily until symptoms resolve. For severe constipation you may use laxatives sparingly, but not on a regular basis. Milk of Magnesia or Correctol may be used.

Hemorrhoids: Preparation H, Witch Hazel Wipes (Tucks)

Diarrhea: Imodium AD.

Sleep: Benadryl, Tylenol PM, Unisom.

Insect repellent: N, N-diethyl-meta-toluamide (DEET)

Rashes: Diphenhydramine cream (Benadryl), Hydrocortisone cream or ointment, Oatmeal baths.

Yeast Infection: Miconazole (Monistat 7-day)