

MEDICATIONS & PRODUCTS DURING PREGNANCY

Quick-reference options organized by symptom • Read important precautions on page 2

Allergies & sinus symptoms

- Cetirizine (Zyrtec) or loratadine (Claritin).
- Diphenhydramine (Benadryl) may cause drowsiness.
- Saline spray or sinus rinse; use sterile, distilled or previously boiled water.

Cold, cough & sore throat

- Acetaminophen (Tylenol) for fever or discomfort.
- Dextromethorphan (plain Delsym/Robitussin DM) for cough; check ingredients.
- Saline nasal spray, humidifier, warm salt-water gargles and throat lozenges.
- Ask before using guaifenesin (Mucinex), especially early in pregnancy.

Headache, pain & fever

- Acetaminophen (Tylenol), only as needed; follow label and your clinician's advice.
- Rest, hydrate, and try a cool compress.
- Do not use ibuprofen (Advil/Motrin) or naproxen (Aleve) unless specifically instructed.

Nausea & vomiting

- Vitamin B6 (pyridoxine); doxylamine (Unisom SleepTabs) may be added after discussing dosing.
- Ginger, small frequent meals, crackers and hydration.
- Contact the office if fluids will not stay down.

Heartburn & indigestion

- Calcium carbonate (Tums) or famotidine (Pepcid).
- Avoid lying down after eating; try smaller meals.
- Ask about persistent symptoms or frequent antacid use.

Constipation & gas

- Psyllium (Metamucil), methylcellulose (Citrucel), or polyethylene glycol (MiraLAX).
- Docusate (Colace) may help; increase water, fiber and activity.
- Simethicone (Gas-X) for gas.

Hemorrhoids

- Witch-hazel pads (Tucks), sitz baths, and a cold compress.
- Ask about topical hemorrhoid products if symptoms persist.

Skin rash, itching & minor cuts

- Fragrance-free moisturizer, oatmeal baths and 1% hydrocortisone cream for small areas.
- Bacitracin for minor skin wounds if needed; avoid prolonged use.
- Seek care for widespread itching, especially palms or soles.



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More symptom relief • Special precautions • When to seek care

Sleep difficulty

- Sleep hygiene, routine and relaxation first.
- Doxylamine (Unisom SleepTabs) may cause next-day drowsiness; review with your clinician.

Diarrhea

- Hydration and oral rehydration solutions first.
- Contact the office before loperamide (Imodium), especially for fever, blood in stool or persistent diarrhea.

Yeast symptoms

- A 7-day vaginal azole treatment such as miconazole (Monistat 7) is generally preferred in pregnancy.
- Contact your clinician to confirm the diagnosis. Avoid oral fluconazole unless prescribed.

Swelling & insect bites

- Leg elevation, movement and graduated compression stockings may help routine swelling.
- Use EPA-registered insect repellent as directed on the label.

Before taking any medication

- Check the ACTIVE INGREDIENTS—not just brand name.
- Avoid multi-symptom cold or flu combinations unless reviewed by your clinician.
- Review all prescriptions, supplements and herbal products; do not stop prescribed therapy on your own.

Important NSAID warning

- Avoid NSAIDs, including ibuprofen and naproxen, at 20 weeks or later unless a clinician specifically advises otherwise.
- Low-dose aspirin prescribed for pregnancy is a separate exception; do not stop it without discussing it with your clinician.

When to call or seek urgent care

- Temperature of 100.4°F (38°C) or higher, persistent severe headache, or new vision changes.
- Trouble breathing, chest pain, severe abdominal pain, or vaginal bleeding.
- Unable to keep liquids down, signs of dehydration, or severe/worsening symptoms.

MORE INFORMATION

ACOG: [acog.org/womens-health](https://www.acog.org/womens-health) • MotherToBaby: [mothertobaby.org/fact-sheets](https://www.mothertobaby.org/fact-sheets)

FDA: [fda.gov](https://www.fda.gov) (search "NSAIDs pregnancy 20 weeks") • Verify any medication with your care team.