

Medications that are OK to Take During Pregnancy

Cold/Allergy:

avoid use of products with phenylephrine until after 12 weeks.

- Loratadine (Claritin)
- Diphenhydramine (Benadryl, Dremamine)
- Guaifenesin (Mucinex, Robitussin)
- Dextromethorphan (Robitussin, Zicam, Delsym)
 - Saline Nasal Spray
 - Cough Drops

Constipation:

- Increase fiber, fluid, exercise
- Docusate Sodium (Colace)
- Fiber supplements

Diarrhea:

- Loperamide (Imodium)

Headaches/Aches/Pains

- Acetaminophen, regular or extra strength (Tylenol)
Max of 4000mg/day

Heartburn:

- Calcium carbonate (Tums)
- Famotidine (Pepcid)
- Simethicone (Mylanta, Maalox, Gas-X)

Hemorrhoids:

- Anusol
- Preparation H
- Tucks
- Witch Hazel

Nausea/Vomiting:

- Doxylamine (Unisom), 12.5mg nightly
- Vitamin B6, 10-25mg, 3-4 times per day
- Ginger, 250mg, 4 times per day

Sleep:

- Doxylamine (Unisom)
- Diphenhydramine (Benadryl)
- Acetaminophen PM (Tylenol PM)
- Diphenhydramate (Dramamine)

Yeast Infection:

- Miconazole (Monistat 7 Day)
- Clotrimazole (Mycelex, Gyne Lotrimin)

You may use generic brands
whenever available.

*If you have any questions
about medications you are currently taking or
plan to take, please call our office at
605-343-7295*