

## MEDICATIONS ALLOWED DURING PREGNANCY

*\*Please note: No drug can be considered 100% safe to use during pregnancy.  
Please consult with your medical practitioner and/or pharmacist for more information.*

CONDITION	SAFE MEDICATIONS TO TAKE DURING PREGNANCY		
<b>Allergy</b>	Benadryl		
<b>Cold &amp; Flu</b>	<ul style="list-style-type: none"> <li>• Tylenol (Acetaminophen) or Tylenol Cold</li> <li>• Gargle warm salt water</li> <li>• Saline nasal drops or spray</li> <li>• Sudafed, Actifed, Dristan, *Neosynephrine</li> </ul> <p>(<b>Avoid</b> products with Sudafed during the first 14 weeks of pregnancy)</p> <ul style="list-style-type: none"> <li>• Robitussin DM, Trind-DM, Vicks Cough Syrup, Romitar, *Halls</li> </ul> <p>(<b>Do not take SA</b> (sustained action) forms of these drugs or the "Multi-symptom" forms of these drugs)</p>		
<b>Constipation</b>	Metamucil Colace	Citrucel Milk of Magnesia	Fiberall/FiberCon MiraLAX
<b>Diarrhea</b> for > 24 hours & after 12 weeks of pregnancy	Kaopectate	Imodium	Parepectolin
<b>First Aid Ointment</b>	J & J	Bacitracin	Neosporin
<b>Headache</b>	Tylenol (Acetaminophen)		
<b>Heartburn</b>	Maalox Tums Gaviscon	Zantac Riopan Pepcid	Titralac Tagamet
<b>Hemorrhoids</b>	Preparation H Witch Hazel		Anusol Tucks
<b>Nausea &amp; Vomiting</b>	<ul style="list-style-type: none"> <li>• Vitamin B6 25 mg tablet (every 8 hours)</li> <li>• Unisom Sleep Tablets (not Geltabs) 1 @ bedtime</li> </ul>		Marezine (Cyclizine) Sea Bands (if vitamin B6 & unisom are not successful, contact your provider)
<b>Rashes</b>	Hydrocortisone cream or ointment Benadryl Cream		Caladryl lotion or cream Oatmeal bath (Aveeno)
<b>Yeast Infection</b>	Monistat		Terazol
<b>AVOID: Motrin, Ibuprofen, Aspirin, and Aleve (Naproxen)</b>			