



Safe Medications for Pregnancy

Congratulations on your pregnancy! To keep you and baby safe, review this medication list for common symptoms.

Condition/Symptom	Medicine
Allergy	<ul style="list-style-type: none">• Cetirizine (Zyrtec®) 10mg once a day• Diphenhydramine (Benadryl®) 25 or 50mg• Fexofenadine (Allegra)
Constipation	<ul style="list-style-type: none">• High fiber diet, increase fluids• Metamucil® (psyllium)• Citrucel® (methylcellulose)• Milk of Magnesia® (magnesium hydroxide)• FiberCon® (calcium polycarbophil)• Colace® (docusate sodium)• Senokot® (senna)
Cough <i>(alcohol free syrup)</i>	<ul style="list-style-type: none">• Cough drops or lozenges• Robitussin DM® (dextromethorphan, guaifenesin)• Mucinex® (guaifenesin)
Diarrhea	<ul style="list-style-type: none">• Imodium A-D® (loperamide)• Kaopectate®
Fever	<ul style="list-style-type: none">• Tylenol® (acetaminophen) products without aspirin
Gas	<ul style="list-style-type: none">• Maalox®• Simethicone• Mylanta®
Heartburn	<ul style="list-style-type: none">• Tums® (calcium carbonate)• Rolaids®• Mylanta®• Maalox®• Riopan®• Famotidine (Pepcid)



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Hemorrhoids	<ul style="list-style-type: none"> • Anusol HC® (hydrocortisone) • Preparation H® (phenylephrine, pramoxine, glycerin, petrolatum) • Tucks® (witch hazel)
Nausea/Vomiting/ Motion Sickness	<ul style="list-style-type: none"> • Sea-bands® • Vitamin B6 25mg 3 times a day or 50mg 2 times a day for a 4-5 day trial, continue if it helps • Tums® • Roloids® • Ginger/ginger tea • Hard candy • Doxylamine (Unisom) 25 mg at bedtime, to be used in combination with Vitamin B6
Pain — <i>call clinic if located in abdomen</i>	<ul style="list-style-type: none"> • Tylenol® (acetaminophen) Do not take more than 4000mg in 24 hours



Precautions before and during pregnancy

Talk to your women's health provider if you have any questions about preconception or pregnancy care. Before getting pregnant, you can take a folic acid supplement (prenatal vitamin) of .4mg every day at least two months before conception.

Some medications to avoid include:

- **Allergy:** Avoid antihistamine formulations that are behind the pharmacy counter and contain the "D" addition at the end of their names, such as "Allegra-D or Claritin-D".
- **Pain or Fever:** Avoid Non-steroidal anti-inflammatory drugs (NSAIDS) like ibuprofen.
- **Heartburn:** Avoid bismuth-subsalicylate (Pepto-Bismol or any pink colored formulations), they contain an aspirin-type compound.



**Marshfield Clinic
Health System**