



Safe Medications for Pregnancy

Talk to your women's health provider for more information on safe medication before and during pregnancy. We cannot guarantee any medication is safe during pregnancy. This list is not intended to be all inclusive.

Condition/Symptom	Medicine
Allergy	<ul style="list-style-type: none">• Allegra® (fexofenadine) - avoid antihistamines with "D" at the end. (e.g., Allegra-D)• Benadryl® (diphenhydramine) 25 or 50 mg• Zyrtec® (cetirizine) 10 mg once a day
Congestion	<ul style="list-style-type: none">• Benadryl® (diphenhydramine) or Chlor-Trimeton® (chlorpheniramine)• Vicks vapor rub or nasal spray• Saline nasal spray• Claritin® (loratadine)• Zyrtec® (cetirizine) 10 mg once a day• Neti pot or nasal irrigation
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)• Probiotics• Magnesium 320 - 360 mg daily
Cough <i>(alcohol free syrup)</i>	<ul style="list-style-type: none">• Cough drops or lozenges• Robitussin DM® (dextromethorphan, guaifenesin) <i>may be used after the first 12 weeks of pregnancy</i>• Mucinex® (guaifenesin)
Diarrhea	<ul style="list-style-type: none">• ImodiUM A-D® (loperamide)
Fever	<ul style="list-style-type: none">• Tylenol® (acetaminophen) products without aspirin
Gas	<ul style="list-style-type: none">• Maalox®• Simethicone• Mylanta®



Condition/Symptom	Medicine
Heartburn	<ul style="list-style-type: none"> • Tums® (calcium carbonate) • Roloids® • Mylanta® • Maalox® • Riopan® • Pepcid® (famotidine) • Probiotics
Hemorrhoids	<ul style="list-style-type: none"> • Anusol HC® (hydrocortisone) suppositories or cream • Preparation H® (phenylephrine, pramoxine, glycerin, petrolatum) suppositories, cream or ointment • Tucks® (witch hazel)
Nausea/Vomiting/ Motion Sickness	<ul style="list-style-type: none"> • Sea-bands® • Vitamin B6 25 mg 3 times a day or 50 mg 2 times a day for a 4 - 5 day trial, continue if it helps, combine with doxylamine (unisom) 25 mg at bedtime • Tums® • Roloids® • Ginger/ginger tea • Hard candy • Aromatherapy: Lavender, ginger, peppermint or spearmint
Pain (<i>headache or body ache</i>) - call clinic if located in abdomen	<ul style="list-style-type: none"> • Tylenol® acetaminophen 650 mg every 6 hours or 1000 mg every 8 hours • Heating pad
Sleep aid (<i>may be taken at bedtime</i>)	<ul style="list-style-type: none"> • Tylenol PM® (acetaminophen and diphenhydramine) • Benadryl® (diphenhydramine) 25 mg or 50 mg • Unisom® (doxylamine) 25 mg
Sore Throat	<ul style="list-style-type: none"> • Throat lozenges • Tylenol® (acetaminophen) • Saline gargles
Topicals (<i>for itching/irritation</i>)	<ul style="list-style-type: none"> • Hydrocortisone 0.5% or 1% (cream or ointment) • Benadryl® (diphenhydramine) chewables, tablets, liquid or cream
Vitamins	<ul style="list-style-type: none"> • Over-the-counter prenatal vitamins with 800 mcg folic acid
Yeast infection	<ul style="list-style-type: none"> • Clotrimazole (Gyne-Iotrimin, Femcare, Mycelex) • Monistat® (miconazole)



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