

Medication Safety

The following medications can be used safely during pregnancy. If you have questions about the safety of additional medications, please discuss it with your provider or call us before taking it.

Safe Medications During Pregnancy

For Sleep	Benadryl (diphenhydramine), Tylenol PM, Unisom (doxylamine)
For Fever, Pain, Headache, or Muscle Soreness	Note: DO NOT take aspirin or ibuprofen unless directed by your provider. Tylenol (acetaminophen) - regular or extra-strength
For Morning Sickness	Vitamin B6 (50mg one-three times a day) - works best when also taken with Unisom (1/2 tablet once or twice a day, can be sedating), Emetrol, Benadryl (diphenhydramine) (25-50mg), motion sickness medication such as Dramamine
For Nausea, Upset Stomach, or Gas	Emetrol, Mylanta (aluminum hydroxide), Gas X (simethicone)
For Heartburn, Acid Reflux, and Indigestion	Note: Non-medication options include eating frequent, smaller meals, avoid laying down for 1 hour after eating, and avoiding spicy or acidic foods. Tums (calcium carbonate) (no more than 1,000mg/day), Pepcid AC (famotidine), Mylanta, Maalox
For Constipation	Note: Non-medication options include increasing water and vegetable intake. (In moderation) Fiber source such as Metamucil or Citrucel, stool softener such as Colace (docusate), glycerin suppository, Milk of Magnesia, Senokot, Miralax
For Hemorrhoids	Note: Non-medication options include increasing your water intake. Fiber supplements, Tucks pads, witch hazel compress, Anusol, Preparation H
For Cold or Other Upper Respiratory Illnesses	Note: Avoid pseudoephedrine in the first trimester of pregnancy. If necessary after first trimester, limit to 2-3 days. Nasal saline spray, nasal steroid spray (oxymetazoline hydrochloride), Benadryl (diphenhydramine), Afrin, Zyrtec (cetirizine), Allegra (fexofenadine), Claritin (loratadine), Sudafed (pseudoephedrine), Tylenol Cold and Sinus (acetaminophen and pseudoephedrine)
For Cough	Cough drops, Robitussin DM (dextromethorphan and pseudoephedrine), Dimetapp (brompheniramine and pseudoephedrine)
For Sore Throat	Note: Non-medication options include gargling with salt water. Throat spray, throat drops, Tylenol (acetaminophen)
For Diarrhea	Imodium AD (loperamide)
For Yeast Infection	Monistat or other vaginal yeast creams
For Allergies	Benadryl (diphenhydramine), Claritin (loratadine), Zyrtec (cetirizine)

The above over-the-counter remedies are to be used for temporary ailments. If your condition persists, please call us.