

Safe Medications in Pregnancy

Allergy

Benadryl
Claritin
Zyrtec

Colds/Sinus/Congestion/ Cough

Sudafed/Actifed
Dimetapp
Robitussin
Triaminic
Tylenol Cold/Sinus
Benadryl
Mucinex (plain)
Vicks Vapor Rub
Mentholated or non-mentholated cough drops
Saline nasal drops or spray

Diarrhea

Imodium
Pepto-Bismol

Constipation

Milk of Magnesia
Metamucil
Pericolace
CitraCel
FiberCon
MiraLAX

First Aid Ointment

Bacitracin
Neosporin

Headache

Tylenol
Extra Strength Tylenol
Excedrin Migraine

Heartburn

Gaviscon
Pepcid AC
Maalox
Mylanta
Tums
Zantac
Rolaids
Tagamet

Hemorrhoids

Preparation-H
Anusol HC
Tucks

Insect repellent

DEET

Nausea and Vomiting

Benadryl
Vitamin B6

Rashes

Benadryl
Hydrocortisone cream or ointment
Oatmeal bath (Aveeno)

Sleep

Benadryl
Tylenol PM
Unisom

Yeast Infection

Monistat

When possible, avoid medications during the first trimester. DO NOT take Motrin, Ibuprofen, or NSAIDS during pregnancy. Otherwise, most OTC medications are safe during pregnancy. For any questions, please call our office.