

Medications During Your Pregnancy

Listed are safe medications you may take for minor discomfort in pregnancy. It is best to avoid any medications during the first twelve (12) weeks of pregnancy. Notify us as soon as possible if you are taking a prescription.

ANTIHISTAMINES/ALLERGIES

Zyrtec, Claritin, Benadryl, Dimetapp
Visine eye drops, Naphcon-A eye drops

CONSTIPATION

Colace, Konsyl, Fibercon, Citrucel,
Metamucil, Milk of Magnesia, Fiberall

COUGHS/COLDS

Robitussin (cough), Robitussin DM
Mucinex Cough (Guaifenesin)
Chloraseptic/Cepacol lozenges

DECONGESTANTS

Sudafed (pseudoephedrine) Robitussin CF,
Tavist D, Ocean Mist nasal spray (saline
solution), 3-way nasal

DIARRHEA

Imodium (1 dose – if it persists, please notify
office)
Follow the BRAT diet (bananas, rice,
applesauce & toast)

CALL: Fever or not

improved in 2-3 days, Weak & dizzy.

HEARTBURN, GAS

Tums, Maalox, Gas-X Mylanta (safe to take
after the first 12 wks) Tagamet, Zantac Acid,
Gavison, Pepcid or Pepcid AC

DO NOT USE: PEPTO-BISMOL,

ROLAIDS, KAOPECTATE, ALKA

SELTZER (CONTAINS ASPIRIN)

HEMORRHOIDS

Preparation H (safe throughout pregnancy)
Anusol, Tucks pads, witch hazel pads

INSOMNIA (unable to sleep)

Benadryl, Tylenol PM (do not exceed
recommended dosage)

LICE TREATMENTS

Rid (only)

LEG CRAMPS

If leg cramps are in both legs:

Wear leg warmers (decreases incidence of
leg cramps) potassium rich foods (bananas)

*CALL: If only one leg is hurting all the time,
swelling, red, warm.*

NAUSEA

½ Unisom together with Vitamin B6, Small
frequent meals, Ginger Ale, Vitamin B6,
Ginger, Ginger Tea, Sea Bands (form of
acupressure on wrists) Sweet fruit syrup form
canned fruits

*CALL: If unable to keep liquids down for more
than one day or 24 hours.*

NOSE BLEEDS/GUM BLEEDING

Common in pregnancy; continue your regular
dental exams

CALL: if persistent or you are worried

PAIN MEDICATIONS

Tylenol (acetaminophen) for minor aches and
Pains, Tylenol Extra Strength-2 tabs every 4
hours (not to exceed 4,000 mg per day in a 24
hour period)

*DO NOT USE Aspirin, Motrin, Advil, Aleve
(unless prescribed by your OB provider)*

SWEETENERS

Nutrasweet, Equal, Splenda, Stevia

TOOTHACHE

Orajel May see dentist on regular basis, have
cavity filling with Lidocaine, have dental x-ray
with lead shield.

YEAST INFECTIONS

Monistat (over the counter yeast preparations)