

Safe Medications During Pregnancy

During pregnancy, medication should be used sparingly. However, if necessary, the following over the counter medications and herbal remedies have been determined to be safe during pregnancy. Read all medication labels before taking to ensure they do not have any ingredients not on the list. PLEASE CALL OUR OFFICE SHOULD YOU EVER HAVE ANY QUESTIONS REGARDING MEDICATION OR SHOULD THE SYMPTOMS PERSIST.

ANTACIDS

Maalox

Mylanta

Mylicon- (simethicone)

Rolaids

Tums

Zantac

CONSTIPATION

Stool Softeners: Colace

Bulk Fiber: Metamucil, Fibercon, Increased fluids/dietary fiber

Laxatives: Milk of Magnesia, Miralax

COLDS

Decongestants: Sudafed, regular (pseudoephedrine), Mucinex, Steam and the use of Saline Spray for congestion

Cough: Robitussin DM (guaifenesin and dextromethorphan), Cough Drops Vitamin C lozenges

Sore throat: Chloroacetic spray, Salt water gargle

Allergies: Benadryl (diphenhydramine), Claritin (non-drowsy)

INSOMNIA

Benadryl (Diphenhydramine)

HEMORRHOIDS

Anusol

Preparation-H

Tucks

NAUSEA

Emetrol

Vitamin b-6: 50 mg, twice a day with or without Unisom (doxylamine) ½ tablet

Papaya extract

Ginger and Raspberry Tea

PAIN AND FEVER

Tylenol (acetaminophen)