

# What medications can I take while breastfeeding?

## Allergies/Respiratory

Zyrtec  
Claritin  
Allegra  
Benadryl  
Tylenol PM

\*avoid decongestants such as pseudoephedrine and phenylephrine

## Nasal Sprays

Ocean Saline Spray  
Nasacort

## Cough

Robitussin DM  
Delsym

\*increase fluid intake

## Sore Throat

Chloraseptic Spray  
Throat Lozenges  
Tylenol  
(Gargle with Salt Water)

## Sleep

Benadryl  
Melatonin  
Unisom

## Nausea

Dramamine  
Emetrol  
Vit B6 + Unisom  
Ginger (250mg tablets)  
Benadryl

## Heartburn/Gas

Tums  
Rolaids  
Mylanta  
Maalox  
Zantac  
Pepcid AC  
Prilosec  
Gas-X

## Constipation

Sennokot  
Fibercon

Benefiber  
Metamucil  
Ducolax  
Glycerin Suppositories  
(Bran Cereal/Bread)

## Stool Softener

Colace

## Headache

Ibuprofen  
Tylenol

## Steroids

Most topical creams are without risk

## Diarrhea

Imodium  
Kaopectate

## Yeast Infection

Monistat

\*Please contact our office if symptoms haven't improved in 3-5 days, or if there is a medication that you want to take that isn't listed.