

What medications can I take during pregnancy?

Allergies/Respiratory

Infection

Actifed
Sudafed
Benadryl
Zyrtec
Tylenol Sinus
Claritin

Nasal Sprays

Ocean Spray

Cough

Robitussin DM (increased
fluid intake)

Sore Throat

Chloraseptic Spray
Throat Lozenges
Tylenol
(Gargle with Salt Water)

Sleep

Benedryl
Sominex
Unisom

Nausea

Dramamine
Emetrol
Vitamin B6 (50mg
3x/day)
(Vit B6 + Unisom
sleepTABS)
Ginger (250mg tablets)
Benadryl
(Ginger Ale)
(Coke Syrup)

Heartburn

Mylanta
Tums
Maalox
Zantac
Pepcid AC
Rolaids

Constipation

Senokot
Fibercon
Benefiber
Metamucil
Ducolax
Glycerin Suppositories

(Bran Cereal/Bread)

Stool Softener

Colace
Surfak

Headache

Tylenol (no more than
4000mg/24hr)

Calcium

Viactive Products
Os-Cal
Tums
(Dark Green leafy
Veggies)
(Hot fudge sundae)

Steroids

Most topical creams are
without risk

Diarrhea

Imodium AD

Yeast Infection

Monostat

*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.