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Medications Safe During Pregnancy

| Symptom | Medication | Symptom | Medication |
|--------------|--|--|--|
| Allergies | Loratidine (Alavert® or Claritin®) Diphenhydramine (Benadryl®) Cetirizine (Zyrtec®) | Nausea/vomiting Morning Sickness | Pyridoxine (vitamin B-6) Take 25 mg three to four times a day Doxylamine (Unisom®) Take one-half of a 25 mg tablet before bedtime, may repeat dose in AM if nausea is persistent Phosphorated carbohydrates (Emetrol® Syrup) Dimenhydrinate (Dramamine®) Ginger tabs (ginger) Sea-Band® |
| Constipation | Methylcellulose (Citrucel® or Unifiber®) Docusate sodium (Colace®) Senna (Senokot®) Calcium polycarbophil (FiberCon®) Psyllium (Metamucil®) Milk of magnesia (magnesium hydroxide) Mineral oil (one ounce) in juice Polyethylene Glycol 3350 (MiraLAX®) | Pain | Tylenol® (acetaminophen) Take 650 to 1,000 mg every four hours as needed. Do not take more than 4,000 mg in 24 hours. If you don't have relief in 24 hours, call the office. If your pain is in your abdomen or pelvis, call the office. |
| Cough | Read the label, dextromethorphan and guaifenesin are safe. Select a product that is alcohol free and avoid decongestants such as phenylephrine and pseudoephedrine | Rash | Colloidal oatmeal (Aveeno® Soothing Bath) Pramoxine, zinc acetate (Caladryl® Clear® lotion) Calamine lotion Hydrocortisone Cream (Cortaid®) Menthol, pramoxine (Gold Bond®) Diphenhydramine (Benadryl®) |
| Diarrhea | Loperamide (Imodium®) avoid: Bismuth subsalicylate (Pepto-Bismol®) | Sinus congestion and cold | Saline nasal spray (Ocean Mist®) Saline sinus rinse (Netti-Pot®) Chlorpheniramine (Clor-Trimetron®) Dextromethorphan, guaifenesin Avoid all products with phenylpropanolamine , phenylephrine , and pseudoephedrine |
| Fever | Tylenol® (acetaminophen) Take 650 milligrams (mg) every four hours for temperature higher than 100.4 degrees F. If you have a fever for more than 12 hours, call the office. | Sleep Problems | Doxylamine (Unisom®) Diphenhydramine (Benadryl®, Tylenol PM®) |
| Gas | Aluminum hydroxide Magnesium hydroxide Simethicone Read the product label and don't take if there are additional drugs. | Sore throat | Dyclonine hydrochloride (Cepacol®) Benzocaine or phenol spray (Chloraseptic®) do not take for more than 2 days Menthol cough drops (Halls® or Robitussin® lozenges) |
| Heartburn | Aluminum hydroxide Magnesium carbonate Calcium Carbonate (Tums®/ Roloids®) Famotidine (Pepcid®) Ranitidine (Zantac®) Omeprazole (Prilosec®) | Vaginal yeast infection | Miconazole (Monistat 7®) Clotrimazole (Gyne-Lotrimin®) Butoconazole (Gynazole-1®) |
| Hemorrhoids | Hydrocortisone (Anusol-HC®) Phenylephrine (when used for hemorrhoids) Pramoxine (Preparation-H®) Witch hazel (Tucks®) | | |