

## Medication List for Pregnancy

The following list of medications is considered safe in pregnancy, however, it is always recommended that NO medications be taken unless symptoms are moderate to severe. We recommend that you try the following medications first. If you do not get relief with these medications, please contact our office for management of your symptoms. Use all medications as directed.

Headaches/Discomfort: Tylenol(Acetaminophen)

Gas: Mylicon(Simethicone), Mylanta Gas, Maalox Anti-Gas, Gas-X, Phazyme

Heartburn: Maalox, Mylanta, Roloids, Tums, Gaviscon, Titralac, Pepcid AC, Zantac or Tagamet HB

Diarrhea: Kaopectate, Imodium Nausea: Emetrol, Dramamine, Vitamin B6 25 Mg 3x/day

Constipation: Increase fluid intake & dietary fiber. If no relief, try Senekot, fiber supplements, Citrucel, Colace, Milk of Magnesia, Glycerine or Dulcolax suppositories or fleets enema

Sore Throat: Salt water gargles, throat lozenges, chloraseptic spray

Hemorrhoids: Soak in a warm tub. If no relief, try Anusol HC suppositories or cream, Tucks pads, Preparation H, Proctocort

Colds: Saline Nasal spray or room humidifier. If no relief, try Actifed, Sudafed, Dimetapp, Benadryl, or Tylenol Sinus

Cough: Robitussin, Robitussin DM, Mucinex, Mucinex DM

Allergies: Claritin, Alavert, Zyrtec, Chlor-Trimeton

Itching: Benadryl Vaginal Yeast

Infection: Monistat, Gyne-Lotrimin, Fem-Care

Insomnia: Tylenol PM or Benadryl