



Safe Meds During Pregnancy

If you are pregnant or nursing, it's even more difficult if you have a cold or virus. If you experience symptoms, check this list first before calling your doctor.

These medications are safe to take as directed on the label and are available over the counter. If symptoms persist, contact the office at 2036650900 to schedule an appointment. This list is meant only as a guideline and should not be considered a replacement for medical advice.

Symptom	Medicine
Acne	Over-the-counter creams and astringents are okay
Cold/Flu Symptoms	Tylenol Cold/Flu/Sinus Products (or store brand) • Motrin Cold/Flu/Sinus Products (or store brand) • If using liquid Cold/Flu/Sinus products, choose liquids that are "Alcohol Free"
Constipation	Stool Softeners: Colace • Laxatives: Senokot, Dulcolax, or Milk of Magnesia
Cough	Robitussin Products "Alcohol Free"
Diarrhea	Kaopectate • Imodium
Dry Skin	Lotions/Creams are okay. No need to buy expensive brands.
Fever, Headache, Pain, Body Aches	Tylenol, Extra-Strength Tylenol (acetaminophen)
Gas	Mylicon (simethicone)
Heartburn	Tums • Mylanta • Maalox • Pepcid • Zantac or Tagamet for severe heartburn
Hemorrhoids	Tucks Pads • Preparation H • Anusol

Symptom

Insomnia (Trouble Staying or Falling Asleep)

Minor Cuts or Scrapes

Minor Rash/Itchy Skin

Nausea and vomiting

Seasonal allergies

Sore/Scratchy Throat

Medicine

Benadryl • Tylenol PM

Neosporin (or store-brand antibiotic ointment)

Hydrocortisone cream

Vitamin B-6 25 mg by mouth three times a day •
Dramamine

Benadryl • Zyrtec • Tylenol Sinus (or store brand) •
Claritin • Allegra

Cepacol Lozenges • Chloraseptic Lozenges