

MEDICATIONS THAT CAN BE UTILIZED IN PREGNANCY

ALLERGIES

Benadryl
Claritin
Claritin D
Sudafed
Zyrtec
Allegra

COLDS

Actifed
Chlortrimeton
Contac
Claritin
Claritin D
Dayquil
Drixoral
Neosynephrine Nasal-
Spray
Saline Nose Drops
Sudafed
Tylenol Cold
Tylenol Sinus
Nyquil
**No Nyquil Severe Cold
& Flu**

CONSTIPATION

Citracel
Colace
Fiberall
Fibercon tablets
Milk of Magnesia
Metamucil
Miralax
Senocot
Senna
Probiotics
High Fiber Cereal
Plenty of Fluids
Prunes

COUGHS

Halls Lozenges
Robitussin DM

DIARRHEA

Imodium A-D
Kaopectate

NO PEPTO BISMOL

FLU

Increase Fluids
Tylenol Flu

HEADACHES

Tylenol
Tylenol Extra Strength

NO ADVIL

NO ALEVE

NO ASPIRIN

NO EXCEDRIN

NO IBUPROFEN

NO MOTRIN

HEARTBURN

Gaviscon
Maalox
Mylanta
Mylicon-80
Omeprazole
Pepcid AC
Riopan
Rolaids
Tagamet
Tums

HEMORRHOIDS

Anusol
Covered ice/cool packs
“Doughnut” pillow
HC 1% (Preparation H
with 1% hydrocortisone)
Sitz Baths
Tucks Pads

NAUSEA

Dramamine-non drowsy
Ginger Root
Preggie Pops
Unisom Sleep Tablets
(25mg before bed)
Vitamin B6 **(25-50mg
3 times a day)**

SORE THROAT

Cepacol
Chloraseptic Spray
Warm Salt Water-
Gargles
Halls Fruit Breezers

**This is not a
comprehensive list.
Please call your Provider
if you have any questions.**