

## MEDICATIONS THAT CAN BE UTILIZED IN PREGNANCY

### ALLERGIES

Benadryl  
Claritin  
Claritin D  
Sudafed  
Zyrtec  
Allegra

### COLDS

Chlortrimeton  
Contac Cold & Flu Day-  
or Night  
Claritin  
Claritin D  
Dayquil Cold & Flu  
Drixoral Cold & Allergy  
Neosynephrine Nasal-  
Spray  
Saline Nose Drops  
Sudafed  
Tylenol Cold Max  
Tylenol Sinus Severe  
Tylenol Cold & Head-  
Congestion Severe  
Tylenol Cold & Flu-  
Severe  
Tylenol Cold Multi-  
Action  
Nyquil Cold & Flu  
Nyquil Severe Cold & Flu  
Neti Pot

### COUGHS

Halls Lozenges  
Robitussin DM

### FLU

Increase Fluids  
Tylenol Flu

### CONSTIPATION

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

### DIARRHEA

Imodium A-D  
Kaopectate  
**NO PEPTO BISMOL**

### 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  
Roloids  
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.**