



MEDICATIONS IN PREGNANCY

* These are safe over-the-counter drugs for common discomforts.

* If you are less than 12 weeks, discuss all medications NOT on this list with your provider.

Headaches: Tylenol (acetaminophen products)
Datril

Cold: Robitussin (no alcohol)
Benadryl
Saline Nose spray
Cepacol throat lozenges

Allergies: Claritin
Zyrtec
Allegra

Constipation: Metamucil
Fiber-All
Milk of Magnesia
Miralax
Colace (stool softener)

Indigestion: Tums
Rolaids
Maalox
Mylanta II
Simethicone (gas)

Heartburn: Zantac
Pepsid
Prilosec

Hemorrhoids: Preparation H
Anusol
Tucks

Nausea/Vomiting: Vitamin B6
Unisom (Doxylamine)

Yeast Gynelotrimin or monistat
for 7 days

