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Safe Medications in Pregnancy

We have compiled a list of over-the-counter medications that we feel are relatively safe for your use in pregnancy. Please use the dosages as described on the labels. These medications are merely suggestions. Please feel free to ask questions about any prescription medications that are prescribed for you. If there are any other medications that you have questions about you can call the office at any time and we will advise you on whether or not we believe they are safe.

Congestion/Cold/Allergies	Benadryl, Chlor-Trimeton, Sudafed/Sudafed PE (after first trimester), Mucinex, Claritin (original only), Zyrtec (original only), Ocean Nasal Spray
Constipation	Metamucil, Colace, Miralax, Ducolax, Senokot
Cough	Robitussin (original only), Cough Drops, Mucinex
Diarrhea	Immodium-D
Headache	Tylenol, Tylenol Extra-Strength
Hemorrhoids	Preparation-H, Tucks Pads, Anusol
Heartburn	Gaviscon, Mylanta, Tums, Pepcid, Zantac, Maalox, Rolaids
Insect Repellent	Off, Skin So Soft, Skintastic
Motion Sickness	Dramamine, Sea Bands
Nausea	Unisom (1/2 tab 25mg tablets), Preggo Pops, Vitamin B6, Ginger Tabs, Sea Bands
Pain/Aches	Tylenol, Tylenol Extra-Strength
Sore Throat	Chloraseptic Spray, Vicks Throat Lozenges
Sunscreen	SPF at least 30, Titanium Dioxide, Zinc Oxide
Yeast Infections	Monistat-7, Clotrimazole 1% (preferably after 1 st trimester)

**Many of these medications come in generic form; please consult a pharmacist to help you find the generic brand of the above listed medications.

***No drug can be considered 100% safe for use during pregnancy