



OB/GYNE

Associates of Lake Forest, Ltd.

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MEDICATIONS THAT CAN BE TAKEN DURING PREGNANCY

Over the Counter Medications:

1. **Headaches/Generalized Pain:** Tylenol (Acetaminophen), 400mg magnesium daily
2. **Cold/Flu Symptoms:** Sudafed (pseudoephedrine), ok in 1st and 2nd trimesters, fine in 3rd trimester with normal blood pressure, Mucinex (guaifenesin), OK to use products which combine pseudoephedrine and guaifenesin, Neti pot/nasal irrigation
3. **Sore throats:** Cepacol lozenges (benzocaine and menthol), Hall's lozenges, Luden's, Sucrets, honey
4. **Heartburn or indigestion:** Maalox, Mylanta, Gaviscon (aluminum magnesium), Tums (calcium carbonate), Pepcid AC (famotidine), Tagamet OTC (cimetidine), Zantac, Prilosec (omeprazole), Prevacid, Nexium
5. **Constipation:** Milk of Magnesium, Citrucel, Colace (docusate), MiraLax (polyethylene glycol)
6. **Rash/Hemorrhoids:** 1% hydrocortisone cream/ointment
7. **Sleep-aid:** Benadryl (diphenhydramine), Tylenol PM, Unisom
8. **Leg Cramps:** Slow release magnesium, tonic water
9. **Diarrhea:** Imodium (loperamide)
10. **Allergy Symptoms:** Zyrtec (cetirizine), Claritin (loratadine), Buffered saline drops or irrigation fluid.

Commonly used prescription medication that can be continued during pregnancy:

1. Asthma medication including aerosolized steroids
2. Skin therapies for chronic issues like eczema, psoriasis, acne, (unless they contain retinols)
3. Anti-depressants