

## Medications Safe to Take During Pregnancy

### Allergies

- Benadryl (diphenhydramine)
- ChlorTrimeton (chlorpheniramine)\*\*
- Claritin (loratadine)
- NasalCrom (Intranasal cromolyn)
- Xyzal (levocetirizine)
- Zyrtec (cetirizine)

### Cold Symptoms

- Mucinex (guaifenesin)
- Mucinex-D (guaifenesin +pseudoephedrine)\*\*
- Nettie Pot nasal wash
- Rhinocort Aqua Rx (Budesonide)
- Sudafed (pseudoephedrine)\*\*

### Constipation

- Citrucel (methylcellulose powder)
- Colace (docusate)
- Dulcolax tablets (bisacodyl)
- Lactulose
- Miralax (polyethylene glycol)
- Senokot (senna)

### Cough

- Cough drops
- Delsym (dextromethorphan)
- Robitussin DM (dextromethorphan + guaifenesin)

### Diarrhea

- Imodium (stop taking and call if diarrhea lasts more than 48 hours)

### Heartburn

- TUMS/Roloids
- Maalox
- Prevacid
- Prilosec

### Hemorrhoids

- Sitz bath
- Tucks pads
- Anusol-HC

### Nausea

- Ginger 1gm/day in divided doses
- Meclizine
- Preggie pops & Preggie drops (Essential Wellness, Prekshot, online)
- Unisom (doxylamine) ½ tablet morning and afternoon, 1 full tablet at night (use with Vitamin B6)
- Vitamin B6 50mg 2x/day (use with Unisom)

### Pain relief

- Tylenol
- Extra-strength Tylenol

### Sore Throat

- Chloraseptic spray
- Gargle warm salt water
- Lozenges

**\*\*indicates medication is not safe to take prior to 13th week of pregnancy or if you have high blood pressure**