

Beach Obstetrics and Gynecology  
Medical Group

**Safe Medications During Pregnancy**

The following medications may be taken safely during pregnancy. We recommend that you try non-drug treatments first. For example, if you have a headache, try lying down in a quiet, dark room. If you do not get any relief, please use the following guidelines.

**Aches/Pain/Fever**

Ben Gay  
Tylenol

**Cold/Sinuses**

Saline Nasal Spray  
Breathe Right Strips  
Mucinex  
Flonase  
Any Tylenol Cold Product  
(NO ASPIRIN/ADVIL/MOTRIN/IBUPROFEN)

**Sore Throat**

Halls Drops  
Chloraseptic Spray  
Cepacol/Sucrets  
CepaStat

**Nausea**

Ginger  
Vitamin B6 + Unisom

**Yeast Infection**

Monistat (insert  
Applicator halfway  
Only)

**Allergies**

Claritin  
Zyrtec  
Benadryl  
Flonase

**Gas**

Gas-X

**Headache**

Tylenol

**Heartburn**

Tagament  
Pepcid  
Tums  
Prevacid  
Zantac

**Constipation**

FiberCon  
Metamucil  
Fiberall  
Konsyl  
Dulcolax  
Citrucel  
Collace

**Cough**

Delsym  
Dimetapp  
Plain Robitussin  
Vicks Vapor Rub  
(NOASPIRIN/ADVIL/MOTRIN/IBUPROFEN)

**Insomnia**

Tylenol PM  
Benadryl  
Unisom

**Indigestion**

Tums  
Mylanta  
Gaviscon

**DO NOT TAKE ANYTHING OTHER THAN WHAT IS ON THIS LIST, OR WHAT YOUR DOCTOR PRESCRIBES. (IF NOT SURE PLEASE CALL THE OFFICE.)**