

## Safe medications to take during pregnancy

| Problem   | Safe to take  |
|---|---|
| Indigestion, heartburn, gas, upset stomach                          | Antacids for heartburn (Tums, Rolaids, Mylanta, Maalox)<br><br>Simethicone for gas pains (Gas-X, Mylicon, Phazyme)  |
| Cough or cold   | Guaifenesin plus dextromethorphan (Robitussin DM, Benylin Expectorant, Vicks Cough Syrup)<br><br>Cough drops<br><br>Vicks VapoRub<br><br>Note that some cold remedies contain alcohol, so you may want to use them sparingly if at all. Avoid products that contain the decongestants pseudoephedrine and phenylephrine, which can affect blood flow to the placenta. |
| Pain relief, headache, or fever                                     | Acetaminophen (Tylenol, Anacin-3)   |
| Allergy relief  | Chlorpheniramine antihistamine alone (Chlor-Trimeton allergy tablets)<br><br>Be careful not to use decongestant sprays more often than is recommended on the packaging, as they can damage nasal passages if used too frequently.   |
| Constipation, hemorrhoids, and diarrhea                             | Bulking products can be used regularly (Metamucil, Citrucel)<br><br>Laxatives and stool softeners (Colace, Dulcolax, milk of magnesia)<br><br>Hemorrhoid creams (Tucks, Preparation H, or Anusol)<br><br>Anti-diarrhea medication (Imodium)   |
| Yeast infections and other fungal infections such as athlete's foot | Miconazole (Monistat 3)<br><br>Clotrimazole (Gyne-Lotrimin 3, Mycelex 7, Cruex, Lotrimin AF, Desenex)<br><br>Tioconazole (Monistat 1, Vagistat 1)<br><br>Nystatin (Bio-Statin, Mycostatin, Nilstat)<br><br>Butoconazole (Gynazole 1, Femstat 3, Mycelex 3)<br><br>Butenafine (Lotrimin Ultra)   |
| Insomnia  | Diphenhydramine (Benadryl, Nytol, Sominex-2)<br><br>Doxylamine succinate (Unisom Nighttime Sleep-Aid)   |
| First-aid preparations  | Polysporin, Cortaid, Lanacort   |