

# Medications Safe in Pregnancy

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All of the medications listed are safe to take during your pregnancy

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## Allergies

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

## 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 last more than 48 hours)

## Heartburn

- TUMS/Roloids
- Maalox
- Zantac
- 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 50 mg 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 13<sup>th</sup> week of pregnancy or if you have high blood pressure**