

Safe Medications During Pregnancy

During pregnancy, medication should be used sparingly. However, if necessary, the following over the counter medications and herbal remedies have been determined to be safe during pregnancy. Read all medication labels before taking to ensure they do not have any ingredients not on the list. PLEASE CALL OUR OFFICE SHOULD YOU EVER HAVE ANY QUESTIONS REGARDING MEDICATION OR SHOULD THE SYMPTOMS PERSIST.

ANTACIDS

Maalox
Mylanta
Mylicon- (simethicone)
Rolaids
Tums
Zantac

CONSTIPATION

Stool Softeners:	Colace Surfak
Bulk Fiber:	Metamucil Fibercon Increased fluids/dietary fiber
Laxatives:	Milk of Magnesia

COLDS

Decongestants:	Sudafed, regular (pseudoephedrine) Mucinex Steam and the use of Saline Spray for congestion
Cough:	Robitussin DM (guaifenesin and dextromethorphan) Cough Drops Vitamin C lozenges
Sore throat:	Chloraseptic spray Salt water gargle
Allergies:	Benadryl (diphenhydramine) Claritin (non-drowsy)

INSOMNIA

Benadryl (Diphenhydramine)

HEMORRHOIDS

Anusol
Preparation-H
Tucks

NAUSEA

Emetrol
Vitamin b-6: 50 mg, twice a day
Papaya extract
Ginger and Raspberry Tea

PAIN AND FEVER

Tylenol (acetaminophen)