

## MEDICATIONS IN PREGNANCY

Please consult your obstetrician before taking any medication, especially if you have any pre-existing medical problems.

The following medications are considered acceptable for use during pregnancy. It is preferred that no medication be taken in the first three months.

### Common Cold

- Sudafed®, Actifed®, Robitussin®
- Any cough drops or sore throat lozenges or sprays
- Ortivin® or Ocean Mist® nose drops
- Chlortrimeton®, Entex®
- Tylenol Sinus®, Benadryl®
- Mucinex D®, Zyrtec®, Ziacam®
- TheraFlu®

### Headache

- Tylenol® or Extra Strength Tylenol®

### Allergy or Allergic Reaction

- Benadryl®, Tylenol Allergy®
- Hydrocortisone Cream, Cortaid®
- Entex®, Chlortrimeton®
- Claritin® or Claritin D®

### Vaginal Yeast Infection

- Monistat® Cream or Suppositories or any over the counter yeast medication - 7 DAY DOSE

### Leg Cramps

- Magnesium

### Indigestion/Heartburn

- Maalox®, Mylanta®, Tums®
- Digel®, Tagamet®, Zantac®, Pepsid AC®

### Constipation

- Senokot-S®, Metamucil®, Fiber
- Milk of Magnesia, Colace®
- Fleets® Enema, Citracil®

### Diarrhea

- Immodium-AD®
- Kaopectate®

### Hemorrhoids

- Anusol HC®, Tucks Pads®
- Preparation H®

### Sleep

- Tylenol PM® or Benadryl®
- Unisom®

### Nausea and Vomiting

- Vitamin B6
- Seabands®
- Emetrol®
- Unisom®

### Asthma

- Albuterol is OK to use as prescribed