



### Safe Medications during Pregnancy

Allergies	Claritin (generic ok), Zyrtec (generic ok)
Colds and Flu	Chlor-Trimetron (generic ok), Benadryl Allergy (generic ok)
Constipation	Colace, Citrucel, Metamucil, Milk of Magnesia, Miralax, Surfak
Cough	Halls Drops, Ricola, Robitussin AC or DM, Chloraseptic Spray
Diarrhea	Imodium, increase fluids If bloody, severe or with temperature over 100.4°F, call the office
Heartburn	Tums, Maalox, Roloids, Mylanta or Pepcid
Hemorrhoids	Any cream, spray, suppository or wipe
Headache	Regular or extra strength Tylenol
Nasal Congestion	Pseudoephedrine, dextromethorphan, guaifenesin
Nausea	Unisom, Ginger, Vitamin B6, Benadryl
Sore Throat	Sucrets Maximum Strength
Swollen Legs/ Feet	Elevate legs, wear compression socks/stockings If severe, sudden or involves one leg/foot call the office
Yeast Infection	Any over the counter treatment

Do not take Motrin, Advil, Aspirin, Naprosyn, Ibuprofen or Aleve unless instructed by  
your doctor