

A New Beginning – Obstetrics and Gynecology
 An affiliate of Capital Internal Medicine Associates

Safe medications in pregnancy

Problem	Safe to take
Cough	Dextromethorphan and Guaifenesin (Robitussin DM, Benlyn Expectorant, Vicks Cough Syrup) Cough drops
Cold and Flu	Acetaminophen (Tylenol cold and flu products) Pseudoephedrine (Sudafed, Actifed, Dristan) Vicks Vapor Rub Saline Nasal drops or spray
Pain relief, fever, headache	Acetaminophen (Tylenol)
Heartburn	Antacids (Maalox, Mylanta, Tums, Rolaids) Histamine-blockers (Pepcid, Zantac) Proton pump inhibitors (Prilosec etc)
Nausea	Vitamin B6, Emetrol (if not diabetic), Sea bands Unisom, Ginger Benadryl and Dramamine
Allergies	Diphenhydramine (Benadryl) Cetirizine (Zyrtec) Loratadine (Claritin)
Constipation	Fiber supplements (Benefiber, Metamucil, Citrucel, Fibercon) Stool softeners (Colace, Senekot, Dulcolax) Milk of Magnesia
Diarrhea	Loperamide (Imodium)
Hemorrhoids	Witch hazel, Tucks pads, Anusol, Preparation H
Rashes	Hydrocortisone cream or ointment Caladryl lotion or cream Benedryl cream Oatmeal bath (Aveeno)
Insomnia	Diphenhydramine (Benadryl, Sominex, Tylenol pm) Doxylamine succinate (Unisom)
Sore Throat	Throat lozenges (Sucrets, Cepacol, Ricola) Chloroseptic spray
Yeast infections (call office for appt if unsure)	Miconazole (Monistat) Clotrimazole (Gyne-Lotrimin) Tioconazole (Monistat 1, Vagistat1)