

# *A New Beginning – Obstetrics and Gynecology*

An affiliate of Capital Internal Medicine Associates

## Safe medications in pregnancy

<b>Problem</b>	<b>Safe to take</b>
Cough	Dextromethorphan and Guaifenesin (Robitussin DM, Benylin, Expectorant, Vicks Cough Syrup) Cough drops
Cold and Flu	Acetaminophen (Tylenol cold and flu products), Vicks Vapor Rub, Saline Nasal drops or spray, Tamiflu, Mucinex, Emergen-C
Headaches and Migraines	Vitamin B12, Mag Oxide, Excedrin Tension Headache
Pain relief, fever	Acetaminophen (Tylenol)
Heartburn	Antacids (Maalox, Mylanta, Tums, Rolaids), Histamine-blockers (Pepcid), Proton pump inhibitors (Prilosec etc)
Nausea	Vitamin B6, Emetrol (if not diabetic), Sea bands, Unisom, Ginger, Benadryl and Dramamine
Gas and bloating	Gas X
Allergies	Diphenhydramine (Benadryl), Cetirizine (Zyrtec), Loratadine (Claritin)
Constipation	Fiber supplements (Benefiber, Metamucil, Citrucel, Fibercon), Stool softeners (Colace, Senekot, Dulcolax), Milk of Magnesia, Miralax
Diarrhea	Loperamide (Imodium)
Hemorrhoids	Witch hazel, Tucks pads, Anusol, Preparation H
Rashes, Poison Ivy	Hydrocortisone cream or ointment, Witch Hazel, Caladryl lotion or cream, Teatree Oil, Benedryl cream, Baking soda and water paste, 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)
Acne	Salicylic Acid and Benzoyl, Peroxide
Bladder Pain	Azo
Muscle Aches	Bio freeze, Icy Hot

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