

# Medications Safe to Take During Pregnancy

**Cold/Flu/Congestion/Cough:** Sudafed (after 1<sup>st</sup> trimester), Actifed (after 1<sup>st</sup> trimester), Mucinex, Robitussin, Delsym, Vicks Dayquil

**\*Avoid Pseudoephedrine and Phenylephrine in 1<sup>st</sup> trimester and with high blood pressure.**

**Sore Throat:** Cough lozenges, warm saline gargle (1tsp.salt in 1 quart of warm water)

**Allergy Symptoms:** Benadryl, Claritin, Zyrtec, Alavert, chlorpheniramine, Rhinocort

**Rash:** Cortaid topical, Benadryl cream, hydrocortisone cream, Caladryl

**Constipation:** Metamucil, Dulcolax, FiberCon, Colace, Milk of Magnesia, Miralax, Senekot, Citrucil

**Fever:** Tylenol (call if > 101.5 after taking Tylenol)

**Headache:** Tylenol

**Pain and Discomfort:** Tylenol

**Diarrhea:** Immodium A-D - Limit to 24 hours of use (avoid in 1st trimester)

**Heartburn:** Tums, Maalox, Mylanta, Zantac, Pepcid

**Nausea:** Emetrol, Unisom, Mylanta, Vitamin B6, peppermint

**Hemorrhoids:** Preparation H, Anusol, Tucks Pads

**Yeast Infection:** Clotrimazole, Monistat (miconazole)

**Sleep:** Unisom, Benadryl

**Gas:** simethicone

**\*Please note: No drug can be considered 100% safe.**