

Safe Medications for Pregnancy

Head colds, allergies, cough, runny nose, throat, sinus

- ✓ Tylenol (1-2 tablets every 4-6 hrs) regular or extra strength
- ✓ Benadryl (1 tablet every 4-6 hours) 12.5-25 mg
- ✓ Allegra (no D)
- ✓ Claritin (no D)
- ✓ Zyrtec (no D)
- ✓ Robitussin (plain only)
- ✓ Saline nose drops
- ✓ Chloraseptic spray
- ✓ Cepacol lozenges

Yeast infections

- ✓ Monistat
- ✓ Vagisil

Heartburn, Acid Reflux, GERD

- ✓ Tums
- ✓ Rolaids
- ✓ Mylanta
- ✓ Maalox
- ✓ Pepcid
- ✓ Nexium
- ✓ Tagamet

Constipation

- ✓ Citrucel
- ✓ Colace
- ✓ Fibercon
- ✓ Metamucil
- ✓ Konsyl
- ✓ Miralax
- ✓ Benefiber

Diarrhea

- ✓ Imodium AD
- ✓ Donnatal
- ✓ Pedialite

Nausea

- ✓ Dramamine
- ✓ Unisom with vitamin B6

Hemorrhoids

- ✓ Tucks
- ✓ Witch hazel
- ✓ Preparation H

Antibiotics/ Anti-viral

- ✓ Amoxicillin or ANY penicillin
- ✓ Erythromycin
- ✓ Clindamycin
- ✓ Bactrim
- ✓ Macrobid
- ✓ Zovirax
- ✓ Tamiflu

Dental procedures

Novacaine or lidocaine
NO EPINEPHRINE

If it is necessary for you to have X-rays, make sure you are double shielded—including your neck