

## Safe Medicines to Take During Pregnancy

Whatever you eat, drink or smoke goes to your growing baby. This is also true with any over-the-counter or prescription medicines you may take. There may be times that you need medication during your pregnancy. While no one can guarantee the safety of the following medications, they are believed to be safe. **Use only as directed.**

| <b>When you need something for:</b>                           | <b>It is OK to take:</b>  |
|---|---|
| <b>Allergy</b>  | Allegra, Claritin, Sudafed, Phenylephrine, Zyrtec, Benadryl (diphenhydramine), Actifed Cold and Allergy, Tylenol Allergy  |
| <b>Asthma</b>   | Ask your doctor what is safe to take.   |
| <b>Bacterial Infection</b>                                    | Ask your doctor what is safe to take.   |
| <b>Yeast Infections of Skin, Mucous Membranes, and Vagina</b> | Nystatin, Mycostatin, Monistat, Clotrimazole cream (Gyne-Lotrimin)  |
| <b>Common Cold &amp; Sore Throat</b>                          | Tylenol Cough and Cold, Plain Robitussin or any "plain" cough syrup containing only Dextromethorphan and/or guaifenesin, Afrin, Vic's Vaporub, cough drops, throat lozenges, Chloraseptic Spray, Cepacol Lozenges, Sucrets, Mucinex (guaifenesin) |
| <b>Constipation</b>   | Metamucil, Citrucel, Colace or Peri-Colace (Docusate Sodium), Milk of Magnesia, Dulcolax suppositories, bran cereal such as Fiber One, Senokot, Miralax   |
| <b>Diarrhea</b>   | Imodium A-D, Metamucil, Kaopectate  |
| <b>Fever</b>  | Tylenol (Acetaminophen)   |
| <b>Gas</b>  | Gas-X, Mylicon, Phazyme (simethicone)   |
| <b>Headache</b>   | Tylenol (Acetaminophen)   |
| <b>Hemorrhoids</b>  | Tucks, Preparation H, Anusol suppositories and ointment, Anusol HC, Metamucil, Citrucel, bran cereal to soften stools   |
| <b>Indigestion/Heartburn</b>                                  | Tums, Rolaids, Maalox, Mylanta  |
| <b>Insect Repellent</b>                                       | Avon Skin-So-Soft   |
| <b>Insomnia (trouble sleeping)</b>                            | Unisom Sleep Tabs (Doxylamine), Tylenol PM, Benadryl (diphenhydramine)  |
| <b>Itching</b>  | Aveeno Oatmeal Bath, Benadryl   |
| <b>Motion Sickness</b>  | Dramamine (Dimenhydrinate)  |
| <b>Nasal Congestion/Sinus Problems</b>                        | Sudafed (pseudoephedrine), phenylephrine, Actifed Cold and Sinus, Mucinex (guaifenesin)   |
| <b>Nausea &amp; Vomiting</b>                                  | Ginger (100 mg daily for 4 days), Vitamin B-6 (25-50 mgs 3 times a day) – may be used with Unisom 1 tab   |
| <b>Poison Ivy</b>   | Cleanse with Zanfel wash to remove all oils, follow with cream – Caladryl Lotion, 1% Hydrocortisone Cream, Benadryl or Benadryl Cream   |