

Safe Medications In Pregnancy

During pregnancy, never take any prescription drugs, over the counter medicines or home remedies unless recommended by our office. However, if you have been taking a medication before pregnancy for a chronic condition such as diabetes, thyroid problems, or a seizure disorder, consult your health care provider before stopping or changing your medication. There are certain over-the-counter medications that can be taken if needed. These should be used according to the package instructions and include the following:

Allergy Symptoms

- Benadryl, Chlor-Trimeton or Dinietapp

Constipation

- Metamucil, Citrucel, Fiber-Con or Fiberall
- Colace 100mg one or two tablets daily
- Milk of Magnesia

Cough

- Robitussin OM

Diarrhea

- Imodium AD or Kaopectate

Headache or Pain

- Tylenol (Regular or Extra-Strength)

Heartburn or Indigestion

- Maalox or Mylanta
- Turns or Rolaids
- Do not take these medications at the same time you take your prenatal vitamins or iron pills.
- Do not take these medications if you are a diabetic.
- Zantac or Pepcid

Hemorrhoids

- Metamucil
- Preparation H or Anusol

Nausea/Vomiting

- Emetrol
- Vitamin B6 50mg twice a day

Sinus/Nasal Congestion

- Sudafed or Tylenol Sinus
- Normal Saline Drops or Spray (Ayr, Ocean Mist, NaSal)

Sore Throat

- Chloraseptic Throat Spray
- Robitussin Throat Lozenges



DO NOT take any of the following (They are not safe in pregnancy):

- Aspirin or aspirin products - Excedrin, Pepto-Bismol, BC Powders
- Ibuprofen or ibuprofen products - Motrin, Aleve, Advil - unless advised by physician
- Medications made with alcohol - Nyquil