

Medications Safe to Use During Pregnancy

Acne

Benzoyl Peroxide
Salicylic Acid

Backache / Fever / Headache

Tylenol – 2 regular strength every 4hrs or
2 extra strength every 6 hours

Colds / Cough / Allergies

Actifed** (see below)

Airborne – limit to one tab per day
Benadryl (alcohol free) 25mg every 6 hours as
needed

Breathe Right Strips

Claritin

Cepacol throat lozenges

Chloraseptic throat spray

Cold-Eeze – limit to 40mg per day

Coricidin HBP: Chest Congestion & Cough,
Cold & Flu, Cough & Cold, Nighttime
Multisymptom Cold

Cough drops (alcohol free)

Delsym

Dextromethorphan

Flonase

Guaifenesin

Mucinex

Nasacort

Neti Pot with Saline for irrigation

Robitussin or Robitussin DM

Saline nasal drops/spray

Sudafed (pseudoephedrine)** (see below)

Tylenol – 2 regular strength every 4hrs or
2 extra strength every 6 hrs

Vicks VapoRub

Visine-A

Vitamin C drops – limit to 1000mg per day

Xyzal

Zinc Lozenges – limit to 40mg per day

Zyrtec

****Only use after 12 weeks gestation & if you do not
have high blood pressure**

Constipation: (also see next column)

Citrucel

Colace

Correctol

Dulcolax suppositories

FiberCon

Fleet enema

Glycerin suppositories

Hydrocil

Magnesium Oxide

Metamucil

Milk of Magnesia

Miralax

Constipation: (cont'd)

Senekot

Smooth Move Tea

Surfak

Diarrhea

Kaopectate

Imodium A-D

Hemorrhoids

Anusol

Anusol HC

Preparation H

Tucks

Indigestion / Heartburn / Gas

Gas X

Maalox II

Mylanta II

Nexium 24HR

Pepcid AC

Phazyme

Prevacid 24HR

Roloids

Simethicone

Tums

Zantac OTC

Insomnia: take at bedtime

Benadryl (alcohol free) 25mg

Tylenol PM

Unisom ½ to 1 tab (no Gel caps)

Leg Cramps

MagGel

Tums

Nausea / Vomiting

Antivert

B-natal TheraPop – behind the counter, ask
pharmacist

Bonine

Dramamine

Emetrol

Ginger Extract

Sea-Bands

Vitamin B6 50mg twice daily

Unisom ½ to 1 tab @ bedtime (no Gelcaps)

Skin Rashes

Aveeno products

Benadryl (alcohol free) 25mg every 6 hours as
needed and / or cream

Calamine Lotion

1% Hydrocortisone cream

Yeast Infection-7 day preferred

Gyne-Lotrimin 7

Monistat 7

- **DO NOT TAKE ANY MEDICATIONS THAT CONTAIN ASPIRIN, IBUPROFEN or PHENYLEPHRINE unless recommended by your provider.**
- If taking **multiple medications**, please check labels to avoid duplicating same active ingredients.
- Take medications as directed on the label.
- Please talk to your pharmacist or call our office at 336-273-2835 if you have questions.