

Medications in Pregnancy

During the course of your pregnancy, you may have questions about which medications are safe during pregnancy. It is always better to avoid drug usage in pregnancy: however, if you feel you need to take something, refer to this list. It has been our experience that taking these medications in the usual adult dosage will cause no harm to the baby.

Allergies/Nasal Congestion

Zyrtec Chlor-Trimeton

Allegra

Benadryl

Cold Sores

Abreva

Constipation

Colace Surfak Miralax Fibercon Metamucil

Cough

Robitussin Mucinex Robitussin DM (night time)

Diarrhea

Bland "Bratt" diet (bananas, rice, applesauce, toast, tea)

Heartburn/Indigestion

Tagamet HB Tums Zantac 75mg Rolaid

Hemorrhoids

Preparation H Anusol Tucks

Nausea associated with Pregnancy

Vitamin B6 and Unisom Tablets- Doxylamine (not gels) 1 @ bedtime

Pain and headaches

Tylenol as directed on label (500mg every 6 hours as needed)

Skin irritation

Hydrocortisone Crème (Over the counter)

Sore Throat

Throat Lozenges

Vaginal Yeast Infections (use full 7 days- may use applicator)

Gyne- Lotrimin Monistat 7 Probiotics

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