

SAFE MEDICATION LIST DURING PREGNANCY

All meds are available over-the-counter. Unless stated otherwise, take as directed on box or bottle. Consult your healthcare provider for questions or concerns.

CONDITION	MEDICATION	ALTERNATIVE OPTIONS
Allergies	<ul style="list-style-type: none"> Claritin (loratadine) 10 mg daily Zyrtec (cetirizine) 10 mg daily Benadryl (diphenhydramine) 25-50 mg every 6 hours 	<ul style="list-style-type: none"> Saline nasal washes
Cold and Flu	<ul style="list-style-type: none"> Tylenol (acetaminophen) Robitussin (guaifenesin/dextromethorphan) Mucinex (gaifenesin) Halls cough drops 	<ul style="list-style-type: none"> Warm salt and water gargle Saline nasal drops/spray
Headache	<ul style="list-style-type: none"> Tylenol (acetaminophen) Magnesium oxide 400-500 mg twice daily Vitamin B2 (Riboflavin) 400 mg daily 	<ul style="list-style-type: none"> Increase water intake Eat regular meals Cool compress to head and neck
Nausea and Vomiting	<ul style="list-style-type: none"> Vitamin B6 (pyridoxine) 25 mg every 6-8 hours (maximum 200 mg/day) Unisom (doxylamine succinate) 25 mg daily at bedtime Acid-reducing agents (see "Heartburn") 	<ul style="list-style-type: none"> Ginger ale, saltine crackers, peppermint tea, hard candy Avoid greasy or spicy foods Eat 5-6 small meals throughout the day Avoid strong smells Sea band bracelet
Heartburn and Reflux	<ul style="list-style-type: none"> Tums, Maalox, or Mylanta Pepcid (famotidine) Prilosec (omeprazole) 	<ul style="list-style-type: none"> Elevate head of bed Eat smaller, bland meals Avoid spicy or fried foods Sit upright for at least an hour following meals
Constipation	<ul style="list-style-type: none"> Metamucil, Benefiber or Citrucel Colace (docusate sodium) Miralax (polyethylene glycol) Senokot or Dulcolax 	<ul style="list-style-type: none"> Increase fluids Prune juice Eat whole grains, fruits and vegetables
Diarrhea	<ul style="list-style-type: none"> Imodium AD (loperamide) — only after 12 weeks gestation and if no blood in stool 	<ul style="list-style-type: none"> BRATT diet (bananas/broth, rice, applesauce, tea and toast) Bland diet Increase fluid intake Avoid dairy products Call if not improved in 24 hours
Bloating and Gas	<ul style="list-style-type: none"> Gas X (simethicone) 	
Hemorrhoids	<ul style="list-style-type: none"> Preparation H Anusol Tucks witch hazel pads 	<ul style="list-style-type: none"> Increase water intake Prevent constipation Avoid straining