



Safe Medications in Pregnancy

| Condition | Safe Medications to Take During Pregnancy* | | |
|-------------------|---|---|-----------------------|
| Allergy | ~ Benadryl (diphenhydramine) | | ~ Claritin |
| Cold & Flu | ~ Tylenol (acetaminophen) or Tylenol Cold ~ Sudafed, Actifed, Dristan, Neosynephrine** ~ Robitussin DM, Trind-DM, Vicks Cough Syrup, Romilar, Halls** **Do not take "SA" (sustained action) forms of these drugs or the "Multi-Symptom" forms of these drugs. | | |
| Constipation | ~ Metamucil ~ Fiberall/Fibercon ~ Milk of Magnesia | ~ Citrucil ~ Benefiber ~ Senokot | ~ Miralax ~ Colace |
| Diarrhea | For 24 hours, only after 12 weeks of pregnancy: ~ Imodium | | |
| Headache | ~ Tylenol (acetaminophen) | | |
| Heartburn | ~ Maalox ~ Pepcid | ~ Mylanta ~ Zantac | ~ Tums |
| Hemorrhoids | ~ Preparation H ~ Tucks | ~ Anusol ~ Witch hazel | |
| Nausea & Vomiting | ~ Vitamin B6 100 mg tablet ~ Emetrol (if not diabetic) ~ Unisom | ~ Sea Bands (wrist band) ~ Dramamine "less drowsy" | |
| Rashes | ~ Hydrocortisone cream or ointment ~ Caladryl lotion or cream ~ Oatmeal Bath (Aveeno) | ~ Benadryl cream | |
| Yeast Infection | ~ Monistat - 7 day. Do not insert applicator too far. | | |

*Please Note: No drug can be considered 100% safe to use during pregnancy. (Last reviewed 2/2015)

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