



Medications Safe During Pregnancy

Pain Medications

Tylenol/Acetaminophen (preferred), Ibuprofen up until 26 weeks along

Decongestants and Expectorants

Benadryl (Diphenhydramine), Guaifenesin (Mucinex), Dextromethorphan (Robitussin), Flonase, saline mist, Cough Drops, Vicks VapoRub

Antihistamines

Chlorpheniramine (Chlor-Trimeton), Benadryl (Diphenhydramine), Zyrtec (cetirizine), Allegra

Diarrhea

Kaopectate (Antidiarrheal of choice), Imodium
Do NOT use Pepto Bismol or Lomotil

Constipation

Psyllium (Metamucil), Polycarbophil (Fiber-Lax), Methylcellulose (Citrucel), Colace, Dulcolax, Milk of Magnesia, Miralax

Hemorrhoids

Anusol, Preparation H, Tucks

Antacids

Maalox, Mylicon, Tums, Simethicone (Mylanta), Cimetidine (Tagamet), Famotidine (Pepcid), Omeprazole, Nexium

Yeast Infections

Monistat (Miconazole or Ticonazole), Butoconazole (Femstat)

Insomnia

Benadryl, Unisom, Doxylamine

Itching

Hydrocortisone

Nausea

Vitamin B6 and Unisom

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