

Safe Medications During Pregnancy

All medications listed are “over the counter” (OTC) should only be taken to treat a common ailment for the shortest duration possible.

NAUSEA:	Vitamin B-6 (50 mg every 6 hours as needed) Ginger (tea, ginger ale, 250mg tablets or capsules every 6 hours) Accupressure wrist bands
HEARTBURN:	Tums (max 6 regular strength per day) Zantac or Ranitidine (75 or 150 mg twice daily) Mylanta
CONSTIPATION:	Increase water and fiber intake (Metamucil, FiberCon) Colace or docusate sodium (100mg twice daily)
HEADACHE:	Tylenol ES or acetaminophen (as directed on package) Aspirin-free Excedrin migraine
COUGH/COLD:	Benadryl, Robitussin DM Cepacol lozenges Tylenol ES or acetaminophen Claritin or Zyrtec Humidifier/warm salt-water gargle Ocean nasal spray
HEMORRHOIDS:	Preparation-H with cortisone (ointment or suppositories) Anusol-HC Colace or docusate sodium (100mg twice daily) Tuck’s pads or witch hazel wipes
SKIN RASH:	Cortisone cream Benadryl Lotion (Caladryl)
SLEEPLESSNESS:	Benadryl, Tylenol PM, Unisom
YEAST INFECTION:	Monistat, Vagistat, Femstat (any preparation)

****Advil/motrin/ibuprofen and Aleve/naproxen should be avoided** unless directed by your doctor during certain trimesters for a specific reason.

For more information about the safety of drugs taken during pregnancy, visit:
www.empr.com

Click on RESOURCES tab, then click on OB/GYN, and scroll down to Drugs
Contraindicated in Pregnancy