

APPROVED MEDICATIONS IN PREGNANCY

You should try to avoid taking medications during pregnancy unless necessary.
Refer to the full list of acceptable over-the-counter medications on our website. Let your MD know if you are taking any prescription medications or any medications that are not on the list
Please call our office or consult with your physician if symptoms do not resolve or if you have questions.

DIETARY SUPPLEMENTS

Prenatal Vitamins
DHA
Ferrous Sulfate (Iron)
Folic Acid Tablets
Calcium Tablets
Probiotics

NAUSEA

Preggie pops/ ginger candy
Unisom (doxylamine)
Vitamin B6 (3x daily)
Ginger capsules
Sea-band acupressure wrist band
Dramamine Less-Drowsy Formula
1-2 (50mg) tablets every 12 hours

ALLERGIES

Benadryl (diphenhydramine)
Claritin (loratadine)
Zyrtec (cetirizine)

HEARTBURN

TUMS (calcium carbonate)
Mylanta (aluminum hydroxide)
Maalox
Pepcid (famotidine)
Prilosec (omeprazole)

FEVER/HEADACHE/PAIN

Tylenol normal or Extra strength
(acetaminophen)

LEG CRAMPS

TUMS 5x day
Calcet

CONSTIPATION

Fresh fruits/veggies
Fiber supplements
Milk of Magnesia
Colace (docusate)
Miralax (polyethylene glycol)
Glycerin suppositories

DIARRHEA

Kaopectate (bismuth subsalicylate)
Imodium (loperamide)
BRAT diet (bananas, rice, apples,
dry toast)

GAS/BLOATING

GasX (simethicone)

COUGH

Robitussin DM (dextromethorphan)
Delsym (dextromethorphan)
Mucinex (guaifenesin)
Vicks rub
Cough drops or lozenges

SORE THROAT

Warm salt water gargle
Lozenges
Cepacol
Chloraseptic

SINUS CONGESTION

Saline nasal spray
Nasonex/Flonase (fluticasone)
Mucinex (guaifenesin)

YEAST INFECTION

Monistat-7 (miconazole)
Monistat Suppositories

HEMORRHOIDS

Tucks pads
Preparation H cream
(hydrocortisone)
Sitz baths

INSOMNIA

Benadryl (diphenhydramine)
Unisom (doxylamine)
Magnesium Glycinate

SKIN PROBLEMS

Sama lotion
Aveeno cream
Calamine lotion
Mederma cream

The following medications are safe for use in pregnancy, if prescribed for you:

Antibiotics
Macrobid
Amoxicillin/Penicillin
Keflex/Cephalosporins
Azithromycin

NAUSEA

Diclegis (doxylamine/B6)
Phenergan (promethazine)
Zofran (ondansetron)
Reglan (metoclopramide)

MISCELLANEOUS

OTC Lice Shampoo/ NIX
Hair dye/treatments

The following are safe during breastfeeding, in addition to all other medications on this list:

Motrin/ibuprofen
Hydrocodone/oxycodone

