

Safe medications

During pregnancy, women can be more susceptible to ailments like cold and flu and other conditions. Only certain medications are safe during pregnancy. The following are considered safe. Follow the labels for dosage and directions. Contact the office with questions.

Colds/Allergies Benadryl, Claritin Mucinex (guaifenesin) Vicks Vapor Rub	Constipation Colace, Miralax, Senakot Dulcolax Suppository Fibercon, Metamucil	Cough Cough Drops Robitussin-Cough and Cold
Gas Gas-X Mylican	Headaches Cold Compress Tylenol (regular or extra strength) Acetaminophen	Heartburn (Avoid laying down for at least 1 hour after meals) Zantac 75 Tums (limit 4/day)
Hemorrhoids Anusol/Anusol H.C. Preparation H, Tucks	Leg Cramps Benadryl Bananas	Nasal Spray Saline Nasal Spray
Nausea Vitamin B6 25 mg 3 times daily Emetrol Sea Bands – Acupressure Ginger, Ginger tea	Pain Tylenol Heating Pad for muscles(do not use on abdomen or leave unattended) Icy Hot for muscles	Rash Benadryl 1% Hydrocortisone Cream
Sleep Aids Benadryl Chamomile Tea Warm milk-add vanilla/sugar for flavor ZzzQuil	Throat Cepacol Salt Water Gargle w/ warm water Throat Lozenges	Tooth Pain Orajel
Yeast Infection Monistat 5 or 7	Herpes Valtrex	

