

Safe Pregnancy Medicines

It is preferable to avoid taking medications during pregnancy, but when necessary, there are several safe options. The list below is a general guide and is not designed to be a substitute for medical advice. If you have specific questions, please contact your doctor or midwife.

Symptom	Medications
Cold/Congestion	• Tylenol Cold and Sinus • Sudafed • Mucinex • Heated, humidifier air
Pain (headache, backache)	• Tylenol
Morning Sickness	• Vitamin B6 – three times a day • Unisom (Doxylamine) – one tablet at bedtime
Heartburn	Any over-the-counter medications including: • Tums • Maalox/Mylanta • Zantac • Pepcid
Cough	• Robitussin • Mucinex • Cough Drops
Allergies	• Benadryl • Saline Nasal Rinse • Steroid Nasal Sprays (Flonase, Veramyst, Rhinocort) • Claritin (Loratadine) • Zyrtec (Cetirizine)
Constipation	• Metamucil or Fibercon • Colace (Docusate) – Stool softener • Miralax
Diarrhea	• Immodium or Kaopectate
Hemorrhoids	• Any over-the-counter preparation is okay