

## Pregnancy Medication List

The following medications are generally believed not to cause harm during pregnancy:

Colds/Stuff Nose: Plain nasal saline spray, Vicks Vapor Rub, Cool Air vaporizer, warm liquids, Claritin, Benadryl (Diphenhydramine), Allegra, Zyrtec

Sore throat: gargle salt water, gargle apple cider vinegar, chloraseptic spray, throat lozenges

Cough: Cough drops, chloraseptic spray, throat lozenges for sore throats

Constipation: Colace, Citracel, Metamucil, Glycerin suppository, Magnesium, Milk of Magnesia, fresh fruit, prunes, liquids, bran/fiber. Avoid bananas, rice, apples and white flour products.

Diarrhea: Keep hydrated with pedialyte, smart water, or gatorade. Notify us if fever greater than 100.4F, blood in stool or diarrhea lasting longer than 48 hours.

Headaches/Minor Pain: Tylenol/ Acetometaphin Limit 2 grams per day

Hemorrhoids: Preparation H, Anusol Cream, Tucks medicated pads, Sitz bath, Witch Hazel

Indigestion/gas/heart burn: Mylanta, Mylicon, Tums, Pepcid, apple cider vinegar

Nausea: Vitamin B6, Ginger, Ginger ale, Doxylamine (unisol), Benadryl

DO NOT TAKE DURING PREGNANCY-MOTRIN, ADVIL, ALEVE, LAXATIVES  
ASPIRIN (unless directed by your provider), MINERAL OILS, DOUCHES,  
TETRACYCLINES, RETINOL.

If you have any questions about medications and what you can take please contact the office via phone or portal. We recommend only taking meds in pregnancy if necessary. Try to avoid medications until after the 12th week of pregnancy.