



Medications in Pregnancy

It is best to avoid any unnecessary medication during pregnancy. However, there are a number of over-the-counter remedies that are considered generally safe in pregnancy. Medications should only be taken according to the package directions and for the approved reason. Try to avoid medications in the first 3 months of pregnancy unless strongly needed.

Following is a list of medications you may try during your pregnancy if non-medicinal suggestions do not help. If your symptoms don't improve, please contact the clinic before taking any other medications.

- Acetaminophen (Tylenol) – for pain or fever
- Preparation H, Tucks pads (witch hazel) – for hemorrhoids
- Diphenhydramine (Benadryl) – for runny nose and allergies, or as a sleep aid
- Loratadine (Claritin), Alavert, Zyrtec or Chlortrimeton, saline nose drops – for allergies/congestion
- Citrucel, Fiber Con, Metamucil, Milk of Magnesia, Docusate (Colace) - for constipation
- Lozenges – for cough (alcohol-free)
- Mylanta Regular Strength – for heartburn/upset stomach
- Phenylephrine (Sudafed PE or other brands) (after 12 weeks) – for congestion
- Tums (calcium carbonate), Milk of Magnesia – for heartburn
- Vitamin B-6 – for nausea, up to 50mg 4 times a day
- Unisom - sleep aid and nausea