

# Medications safe to use during Pregnancy

- Cold & Flu Symptoms

Tylenol for aches & pains , Sudafed, Mucinex for congestion

Robitussin for coughing , Chloraseptic/Cepacol lozenges for sore throat

Tylenol Daytime/Nighttime Cold

- Allergies

Benadryl, Claritin, Zyrtec

- Constipation

Benefiber, Metamucil, Senekot, Colace, Fibercon, Milk of Magnesia

- Heartburn/Gas

TUMS, Mylanta, Maalox, Zantac, Pepcid

If you have bad abdominal pain, please come in to the office to be seen.

- Headaches

Tylenol, Tylenol Extra Strength, Acetaminophen

DO NOT TAKE ASPIRIN, ADVIL, ALEVE

If you have dizziness, blurred vision, or your headache is not getting better, please come in to the office to be seen.

- Hemorrhoids

Tucks Medicated Pads, Preparation H, Anusol

- Leg Cramps

Oscal 500 or similar over the counter calcium (twice a day)

Increase calcium and potassium from dairy products and bananas

- Insomnia

Benadryl 25mg, one tablet at bedtime (for occasional use only), Tylenol or Unisom