



# Medications in Pregnancy

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The following medications are generally considered safe for maternity patients. If you have specific questions that cannot wait until your scheduled appointment, call (434) 455-3275 and ask to speak with one of our OB/GYN nurses.

## **Allergy, Colds, Congestion, Cough, Sore Throat**

Benadryl

Claritin/Claritin D

Dimetapp Extentab

Mucinex/Mucinex D/Mucinex DM

Robitussin/Robitussin DM

Sudafed/Sudafed Plus

Cepacol

Chloraseptic Spray

Various over the counter soothing sprays or lozenges

## **Hemorrhoids**

Preparation H

Anusol HC

Hydrocortisone cream 1%

Tuck pads



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## **Heartburn, Indigestion, Gas**

Use any liquid antacid available: Maalox, Mylanta, take 2 tablespoons before meals and bedtime

Zantac or Pepcid AC if needed

## **Diarrhea**

Imodium, take as package suggests

Clear liquids for 24 hours or until diarrhea free (water, Gatorade, Sprite, popsicles, Jello, Pedialyte)

BRAT diet (bananas, rice, applesauce, toast) and no milk or milk products except yogurt for 72 hours

## **Pain/Headache**

Tylenol/Tylenol Extra Strength

## **Nausea/Vomiting**

Emetrol, take according to package directions

Unisom, 1/2 tablet with 25mg Vitamin B6 every 6 hours



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## **Rash**

Aveeno, soothing bath treatment

Caladryl clear lotions

Cortaid 1% cream

Gold Bond anti-itch cream

## **Constipation**

Laxatives, try stool softeners with large amounts of water for 1-2 days before using a stimulant

Stool softeners: Metamucil, Colace, Surfak, Miralax, Citrucel, prune or pear juice, dried prunes

Stimulants: Milk of Magensia, Dulcolax, Ex-lax

**Medications NOT suggested: Aspirin, Ibuprofen (Motrin, Advil, Nuprin)**