

Medications in Pregnancy



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

Heartburn, Indigestion, Gas

- Use any liquid antacid available: Maalox, Mylanta, take 2 tablespoons before meals and bedtime
 - Zantac or Pepcid AC if needed
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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

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 Magnesia, Dulcolax, Ex-lax

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

