



## Safe Medication During Pregnancy

### Acne

- Clindamycin
- Topical Erythromycin

### Caffeine

- < 200 mg a day (equivalent to 1 cup of coffee)

### Cold/Hayfever

- Benadryl
- Chlor-Trimeton
- Drixoral-Non-Drowsy
- Loratadine
- Mucinex (guaifenesin)
- Tylenol Cold & Sinus
- Vicks Vapor Rub
- Zyrtec

### Constipation

- Keep well hydrated, exercise, incorporate fiber into diet
- Colace
- Fibercon
- Metamucil
- Miralax

### Cough

- Cough Drops
- Robitussin (guaifenesin & DM formulas)

### Diarrhea

- Keep well hydrated, BRAT diet (bananas, rice, applesauce, toast)
- Kao-Pectate
- Imodium AD

### Fever/Pain

- Tylenol (Regular or Extra strength)
- Extra strength- do not exceed 8 tablets in 24 hours
- Regular strength- do not exceed 12 tablets in 24 hours

### **Miscellaneous**

- All Sunscreens
- Insect Repellants (including DEET)

### **Heartburn**

- Sit upright, don't lie flat for 2 hours after eating, avoid spicy foods
- Maalox
- Milk of Magnesia
- Mylanta
- Pepcid or Pepcid Complete
- Roloids
- Tums- do not exceed 8 tablets in 24 hours

### **Hemorrhoids**

- Anusol or Anusol H.C.
- Hydrocortisone
- Preparation H
- Tucks
- Vaseline Jelly
- Vitamin E Cream

### **Leg Cramps**

- Keep well hydrated, bananas, yogurt
- Magnesium Sulfate- do not exceed 3 tablets in 24 hours

### **Nausea**

- 1/2 Vitamin B6 with 1/2 Unisom (3-4 times a day)
- Dramamine
- Emetrol
- Ginger Root 250mg (4 times a day)
- High Complex Carbs before bedtime
- Sea Bands

### **Rash**

- Benadryl
- Benadryl Cream
- 1% Hydrocortisone Cream

### **Sleep Aids**

- Benadryl
- Chamomile Tea
- Unisom
- Tylenol PM
- Warm milk (add vanilla or sugar for taste)

### **Throat**

- Cepacol
- Cepastat

- Chloraseptic Spray
- Saltwater gargle with warm water

**Tooth Pain**

- Orajel Yeast
- Femstat
- Gyne-Lotrimin 3 or 7 day treatment
- Monistat 3 or 7 day treatment