

APPROVED MEDICATIONS FOR PREGNANCY

It is always important to speak to your maternity provider or a pharmacist on any medications you plan to take during pregnancy. If you have any questions about these or other medication/symptoms, please call your maternity provider's office.

Cold, Cough, Sinus, and Allergy Symptoms:

- Tylenol
- Tylenol Extra Strength
- Tylenol Sinus
- Zyrtec
- Claritin
- Mucinex (not DM)
- Robitussin (not DM, must not contain Dextromethorphan)
- Benadryl
- Sudafed / Actifed
- Dimetapp
- Ocean Spray Saline Nasal Spray
- Unisom
- B6

Constipation:

- Metamucil
- Citrucel
- Dulcolax Suppository (use sparingly)
- Milk of Magnesia (use sparingly)

Diarrhea:

- Kaopectate

Headaches:

- Tylenol: *if you have a history of migraine type headaches, please check with your maternity provider before using any previously prescribed medications*

Heartburn:

- Maalox
- Mylanta (use as needed ½ hour after eating)
- Tums
- Pepcid

Hemorrhoids:

- Tucks pads
- Preparation H
- Anusol Suppositories, Cream, or Towelettes

Vaginal Discharge: *It is normal to have an increase in vaginal discharge throughout pregnancy, but if you start experiencing vaginal yeast infection symptoms, we suggest using an over-the-counter vaginal yeast medication.*

- Monistat