

MEDICATIONS YOU CAN TAKE DURING PREGNANCY

The following medications and home remedies have no known harmful effects during pregnancy when taken according to the manufacturer's directions.

If you want to know about the safety or any other medications not listed here, please contact your health care provider.



Allergies

- Zyrtec (non-drowsy)
- Claritin (non-drowsy)
- Benadryl

Cold & Flu

- Tylenol (acetaminophen)
- Tylenol Cold (Daytime)
- Benadryl
- Robitussin DM
- Triaminic DM
- Vicks Cough Syrup
- Halls Cough Drops

Constipation

- MiraLax (1-3 times per day)
- Metamucil or Citrucel Daily
- Fiberall or Fibercon
- Colace (1-3 times per day)

Diarrhea

- Imodium A-D (IF after 24 hours and if you are greater than 12 weeks pregnant)

First Aid Ointment

- Neosporin
- Triple Antibiotic ointment

Headache

- Tylenol as directed

Heartburn

- Mylanta
- Maalox
- Tums
- Zantac
- Pepcid

Hemorrhoids

- Anusol spray
- Tucks/Witch hazel

Nausea and Vomiting

- Vitamin B6-25mg tab + Unisom (doxylamine succinate)-25mg (1/2 tab)
Take together in am/pm
- Pepcid
- Claritin/Zyrtec

Rashes

- Caladryl lotion or cream
- Aveeno oatmeal bath
- Benadryl cream or oral tablets
- Hydrocortisone cream or ointment

Yeast Infection

- 7 day insert or vaginal yeast treatment cream (Monistat, Gyne-Lotrimin) DO NOT insert applicator too far in vagina

Contact your doctor before taking or stopping any kind of prescription or over-the-counter medicine, as well as any herbal products.

Be sure to first talk with your doctor and discuss what medicine options are best for you and your baby.



HOME REMEDIES YOU CAN DO DURING PREGNANCY

The following medications and home remedies have no known harmful effects during pregnancy when taken according to the manufacturer's directions.

If you want to know about the safety or any other medications not listed here, please contact your health care provider.



Cold & Flu

- Gargle with warm salt and water
- Saline nasal drops or spray

Constipation

- Increase water intake (10-12, 8oz glasses per day)
- Eat whole grains, fresh fruits and vegetables
- Drink prune juice

Diarrhea

- BRATT Diet: Bananas/Broth, Rice, Applesauce, Toast, Tea
- Avoid fatty and greasy foods, raw fruits/vegetables, dairy products, and citrus fruits

First Aid Ointment

- Clean and disinfect with warm soapy water

Headache

- Increase water intake
- Cool compress to head and neck

Heartburn

- Increase water intake
- Increase fiber intake

Hemorrhoids

- Avoid fried/fatty/spicy foods
- Sit upright for at least 1 hour after meals
- Eat smaller, healthy meals instead of three

Rashes

- Non irritating soaps, lotions, detergents (Dove, Ivory, Cetaphil)

Nausea and Vomiting

- Sea band bracelets
- Ginger ale, peppermint tea
- Suck on hard candy/peppermints
- Saltine crackers or other dry carbohydrate snack
- Eat 5-6 small snacks throughout the day. Never go long periods without food or let your stomach be empty, even if you are not hungry
- Avoid strong smells (apply a dab of Vicks under your nose)

Yeast Infection

- Decrease sugar and simple carbohydrates in your diet
- Wear cotton underwear and loose fitting pants or skirts
- Avoid scented soaps or panty liners
- Eat live culture yogurt (lactobacillus) daily

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Be sure to first talk with your doctor and discuss what medicine options are best for you and your baby.

