

MEDICATIONS THAT ARE SAFE IN PREGNANCY

Anemia – Take one of the following only if your doctor instructs you to do so:

- Ferrous Sulfate 300-325mg
- Feosol (brand)
- Slow-Fe (brand)
- Is usually taken once or twice a day, opposite of the PNV. If you're unable to find one of the above iron supplements, you may need to ask your pharmacist for it.
- Take with orange juice or on an empty stomach

Cold, flu, cough, allergies

- Benadryl
- Claritin/Claritin D
- Cough drops
- Musinex
- Nasalcrom
- Neti-pot – rinse daily
- Robitussin DM
- Sudafed, plain
- Throat lozenges
- Tylenol, plain or extra-strength
 - Not more than 2000mg/day
- Tylenol Cold & Flu
- Zyrtec

Constipation

- Citrucel
- Colace
- Docolax
- Magnesium Oxide 500mg
- Metamucil
- Milk of Magnesia
- Miralax
- Sennacot

Diarrhea

- Kaopectate (24 hours only)
- Immodium AD

Gas, Heartburn, Indigestion

- Maalox
- Mylanta
- Mylicon
- Pepcid
- Prevacid
- Prilosec OTC
- Tums or Rolaids
- Zantac

Hemorrhoids

- Anusol
- Epsom salts soak
- Preparation H
- Tucks pads

Headaches

- Tylenol (500mg – 2 tablets)
 - Not more than 2000mg/day

Insomnia

- Benadryl
- Melatonin 1mg
- Tylenol PM
- Unisom

Nausea

- Dramamine (50-100mg every 4-6 hrs)
 - Not more than 400mg/day
- Ginger capsules 250 4x/day
- Unisom ½ tab + vitamin B6 4x/day

Pain

- **Tylenol**
 - **Not more than 2000mg/day**

Yeast

- Monistat 3 or 7

Vaccines safe in pregnancy

- Flu vaccine
- Pertussis
- TB
- Tetanus
- TdaP