

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 (**NOT** Ferric Pyrophosphate)
- Pro-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.

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 Severe (contains Mucinex, Sudafed, Tylenol, and Robitussin)
- Zyrtec

Constipation

Start with -

- Citrucel
- Colace
- Metamucil
- Senokot
- Magnesium Oxide 500-1000 mg

If not working, move to-

- Milk of Magnesia
- Miralax

Finally, if still needed, move to-

- Dulcolax

Diarrhea

- Kaopectate (24 hours only)
- Immodium AD

Gas, Heartburn. Indigestion

- Maalox
- Mylanta
- Mylicon
- Pepcid
- Prevacid
- Prilosec OTC
- Tums or Roloids

Hemorrhoids

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

Headaches

- Tylenol (500mg —2 tablets)
 - Not more than 2000mg/day
- Magnesium Oxide (prevention) — start at 500 mg and gradually increase if headache still persists — up to 2000 mg

Insomnia

- Benedryl
- Melatonin 1mg
- Tylenol PM
- Unisom

Nausea

- Dramamine (50-100mg every 4-6 hrs)
 - Not more than 400mg/day
- Ginger capsules 250 4x/day
- Unisom 1/2 tab + vitamin B6 4x/day - if this is effective but too sedating please call.

Yeast

- Monistat 3 or 7

Vaccines safe in pregnancy

- Flu vaccine
- Tetanus, Diphtheria, Pertussis (TDAP)
- TB
- Covid 19