

Medications Approved for Pregnancy



Allergies

- ❖ Zyrtec
- ❖ Claritin
- ❖ Benadryl (25mg to 50mg)
- ❖ Dimetap
- ❖ Actifed

Cold & Flu Symptoms

- ❖ Tylenol (Regular, Extra Strength, Cold & Sinus)
- ❖ Sudafed
- ❖ Robitussin (Plain or DM)
- ❖ Triaminic
- ❖ Halls with Zinc (any cough drops are ok, but we prefer Halls)
- ❖ Ocean Mist Nasal Spray (saline sprays are ok. Avoid any other nasal sprays)

Constipation

- ❖ Colace
- ❖ Metamucil/Citracil
- ❖ Surfak
- ❖ Milk of Magnesia
- ❖ Suggestions: Eat fiber rich foods (whole grains, fruits and vegetables, beans, and nuts) & increase water intake.

Diarrhea

- ❖ Imodium
- ❖ Kaopectate

Headaches

- ❖ Tylenol (Regular or Extra Strength)
- ❖ Suggestions: Snack on carbohydrates (fruit, crackers, bread, etc.) every hour and drink plenty on fluids

Hemorrhoids

- ❖ Anusol
- ❖ Tucks
- ❖ Preparation H

Morning Sickness

- ❖ Unisom and Vitamin B6
- ❖ Dramamine (Plain)
- ❖ Emetrol
- ❖ Suggestions: Eat small, frequent meals, try Ginger Ale, eat some carbohydrates (crackers, fruit, etc) when you first wake up, popsicles are great and bland foods are usually best

Skin Rashes

- ❖ Benadryl cream
- ❖ Hydrocortisone cream (1% or 5%)
- ❖ Zyrtec
- ❖ Claritin

Trouble Sleeping

- ❖ Tylenol PM
- ❖ Benadryl (25mg to 50mg per day)

Vaginal Yeast Infection

- ❖ Monistat (3 day treatment)

Heartburn

- ❖ Tums
- ❖ Prevacid (Lansoprazole)
- ❖ Suggestions: Don't lie down after eating, avoid spicy food, and sleep propped up on a pillow.

If you have any questions about the approved medications for pregnancy, please contact our office at 702-463-2981