



Safe Medications for Pregnancy

Congratulations on your pregnancy! To keep you and baby safe, review this medication list for common symptoms.

Condition/Symptom

Medicine

Allergy

- Zyrtec (cetirizine) 10 mg tablet daily
- Claritin (loratadine) 10 mg tablet daily
- Benadryl (diphenhydramine) 25 mg tablets
take 1-2 tablets three times daily as needed
- Flonase (fluticasone)
1 puff in each nostril *twice* daily -or-
2 puffs in each nostril *once* daily

Constipation

- High fiber diet, increase fluids
- Metamucil (psyllium)
- Citrucel (methylcellulose)
- Milk of Magnesia (magnesium hydroxide)
- FiberCon (calcium polycarbophil)
- Colace (docusate sodium)
- Senokot (senna)
- Miralax (polyethylene glycol)

Cough (alcohol-free syrup) & Congestion

- Robitussin/Mucinex (guaifenesin)
- Delsym (dextromethorphan)
- Saline Nasal Spray
- Sudafed (pseudoephedrine)**
- Afrin (oxymetazoline)
Nasal Spray (limit to 3 days of use)
- Throat lozenges/cough drops
- Vicks Vapor Rub
- Netti Pot

Pain/Fever

Call your provider's office if having abdominal pain

- Tylenol (acetaminophen)*
325 mg tablets – take 2 tablets every 6 hours
500 mg tablets – take 2 tablets every 8 hours
*Do NOT take more than 3000 mg of acetaminophen in 24 hours from all sources

Condition/Symptom

Medicine

Nausea/Vomiting/ Motion Sickness

- Vitamin B6-
25 mg, 3 times/ day or 50 mg 2 times per day
- Unisom (doxylamine)
25 mg at bedtime, to be used in combination with B6
- Sea-Bands
- Ginger candy/ginger ale
- Hard candy/sour candy
- Peppermint candy/gum/tea

Hemorrhoids

- Anusol HC (hydrocortisone)
- Preparation H
(phenylephrine, pramoxine, glycerin, petrolatum)
- Tucks (witch hazel)

Heartburn

- Pepcid (famotidine)
- Prilosec (omeprazole)
- Gaviscon
(aluminum hydroxide and magnesium trisilicate)
- TUMS (calcium carbonate)
- Rolaids
(calcium carbonate and magnesium hydroxide)
- Maalox
(aluminum hydroxide/magnesium hydroxide, simethicone)

Diarrhea

- Immodium A-D (loperamide)

Gas

- Maalox
(aluminum hydroxide/magnesium hydroxide, simethicone)
- Mylicon (simethicone)

Precautions during pregnancy:



Allergy: Avoid antihistamine medications that are behind the pharmacy counter and contain the “D” at the end of their names, such as “Allegra-D” or “Claritin-D”

Pain or Fever: Avoid non-steroidal anti-inflammatory drugs (NSAIDs), like ibuprofen (Advil/Motrin)

Heartburn: Avoid bismuth-subsalicylate (Pepto-Bismol or any pink colored formulations) they contain an aspirin-like compound

Talk to your healthcare team if you have any questions about safe medications in pregnancy

Have questions about other remedies?

[Herbs and Pregnancy | American Pregnancy Association](#)

