



Safe Medications for Pregnancy

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

Condition/Symptom	Medicine	Condition/Symptom	Medicine
Allergy	<ul style="list-style-type: none">Zyrtec (cetirizine) 10 mg tablet dailyClaritin (loratadine) 10 mg tablet dailyBenadryl (diphenhydramine) 25 mg tablets take 1-2 tablets three times daily as needed	<ul style="list-style-type: none">Flonase (fluticasone) 1 puff in each nostril twice daily - or- 2 puffs in each nostril once daily	Nausea/Vomiting/ Motion Sickness <ul style="list-style-type: none">Vitamin B6- 25 mg, 3 times/ day or 50 mg 2 times per dayUnisom (doxylamine) 25 mg at bedtime, to be used in combination with B6 <ul style="list-style-type: none">Sea-BandsGinger candy/ginger aleHard candy/sour candyPeppermint candy/gum/tea
Constipation	<ul style="list-style-type: none">High fiber diet, increase fluidsMetamucil (psyllium)Citrucel (methylcellulose)Milk of Magnesia (magnesium hydroxide)FiberCon (calcium polycarbophil)	<ul style="list-style-type: none">Colace (docusate sodium)Senokot (senna)Miralax (polyethylene glycol)	Hemorrhoids <ul style="list-style-type: none">Anusol HC (hydrocortisone)Preparation H (phenylephrine, pramoxine, glycerin, petrolatum)Tucks (witch hazel)
Cough (alcohol-free syrup) & Congestion	<ul style="list-style-type: none">Robitussin/Mucinex (guaifenesin)Delsym (dextromethorphan)Saline Nasal SpraySudafed (pseudoephedrine)** **do not take in 1st trimester or if you have high blood pressure	<ul style="list-style-type: none">Afrin (oxymetazoline) Nasal Spray (limit to 3 days of use)Throat lozenges/cough dropsVicks Vapor RubNetti Pot	Heartburn <ul style="list-style-type: none">Pepcid (famotidine)Prilosec (omeprazole)Gaviscon (aluminum hydroxide and magnesium trisilicate) <ul style="list-style-type: none">TUMS (calcium carbonate)Rolaids (calcium carbonate and magnesium hydroxide)Maalox (aluminum hydroxide/magnesium hydroxide, simethicone)
Pain/Fever <i>Call your provider's office if having abdominal pain</i>	<ul style="list-style-type: none">Tylenol (acetaminophen)* 325 mg tablets – take 2 tablets every 6 hours 500 mg tablets – take 2 tablets every 8 hours <p>*Do NOT take more than 3000 mg of acetaminophen in 24 hours from all sources</p>		Diarrhea <ul style="list-style-type: none">Imodium A-D (loperamide)
		Gas <ul style="list-style-type: none">Maalox (aluminum hydroxide/magnesium hydroxide, simethicone)Mylicon (simethicone)	Precautions during pregnancy:  <ul style="list-style-type: none">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 <p>Talk to your healthcare team if you have any questions about safe medications in pregnancy</p>



Have questions about other remedies?

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