



Medications in Pregnancy



These are medications that are safe to take in pregnancy (preferably after 12 weeks).

DO NOT USE MOTRIN / ADVIL / IBUPROFEN / ASPIRIN / ALEVE / SUDAFED / MELATONIN IN PREGNANCY!

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| <u>Headaches</u> - | Tylenol* (acetaminophen) |
| <u>Nausea</u> - | B6 (25 - 50mg 2-3 times per day) and ½ tablet of Unisom (doxylamine succinate) at night. Keep something in your stomach at all times: i.e. crackers, and stay hydrated. |
| <u>Indigestion</u> - | Mylanta, Maalox, Tums, Pepcid (20mg twice a day or 40mg every evening – determined by when symptoms are the worst), Pantoprazole (Rx) |
| <u>Constipation</u> - | Colace, Metamucil, Milk of Magnesia. Add fiber to your diet and stay hydrated. |
| <u>Stuffy Nose</u> - | Saline Nose Drops, Saline Nasal Rinse / Neti Pot, Benadryl (diphenhydramine), Vicks Vapo-Rub |
| <u>Head Colds</u> - | Tylenol*, Robitussin (plain), Benadryl, Mucinex |
| <u>Allergy Relief</u> - | Zyrtec (cetirizine), Benadryl, Claritin |
| <u>Fever Relief</u> - | Tylenol* |
| <u>Sore Throat</u> - | Cepacol or Sucret Lozenges, Tylenol* |
| <u>Cough</u> - | Robitussin DM |
| <u>Diarrhea</u> - | Call your doctor, as this may be caused by an infection |
| <u>Yeast Infection</u> - | Over the counter 7-day Monistat. Call the office if symptoms don't subside. |
| <u>Vaccines</u> - | Flu and Covid vaccines can be given at any time during pregnancy. Tdap should be given between 27-36 weeks. Other vaccines, such as MMR, Varicella, etc. should be given postpartum. |

*Tylenol max does is 3,250mg per 24 hours

Herbal remedies are usually not FDA approved and may contain ingredients or levels of ingredients that are harmful for your pregnancy. Please bring your supplements and vitamins in for your doctor to review!