

MEDICATIONS FOR PREGNANCY and BREAST FEEDING

Although it is best not to take any medications during your pregnancy, there may be times when medications are necessary for the relief of certain common conditions. This is a list of "over-the-counter" medications that are considered relatively safe for use in pregnancy. **TAKE ALL MEDICATIONS AS DIRECTED, AND DO NOT EXCEED MAXIMUM DAILY DOSAGE.** If the condition for which you are taking medication does not improve in 1 or 2 doses, call your physician to discuss the condition.

UPPER RESPIRATORY INFECTIONS:

Robitussin
Dimetapp
Sudafed
Chloraseptic
Vick's Vapor Rub
Cough Drops: Hall's, Vicks, Ricola, Succrets, and Ludens
Tylenol Cold and Sinus

DIARRHEA:

Kaopectate
Imodium

CONSTIPATION:

Metamucil
Citracal
Milk of Magnesia
Colace
Miralax

HEMORRHOIDS:

Preparation H
Anusol
Witch Hazel
Diaper Wipes
Tucks

FEVER:

Tylenol

HEADACHE:

Tylenol

INDIGESTION:

Tums
Mylanta
Maalox
Rolaids
Pepcid

NAUSEA:

Papaya Enzyme Tablets
Ginger
Sea Bands
Vitamin B6

SEASONAL ALLERGIES:

Claritin
Zyrtec
Benadryl