

Mansion Street Women's Health, PLLC.

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Medications Safe for Pregnant Patients

Symptoms

Medications

Headache

Tylenol-type (Acetaminophen)
Ibuprofen 200 mg (Until 30 weeks gestation)

Cold...Stuffy Head
Stuffy or runny nose,
Itchy, watery eyes,
Allergies and sinus

Use as needed: (choose according to your symptoms)
Sudafed tablets, Afrin nose spray (at night), Tylenol Cold,
Tylenol Cough, Tylenol Cough with Decongestant, Tylenol Flu,
Tylenol Allergy/ Sinus, Tylenol Sinus, Zyrtec, Claritin, Allegra

For Sleep

Bananas, milk, occasional Tylenol PM, Benadryl

Cough

Robitussin DM liquid, Tylenol Cough

Sore Throat

Throat Lozenges, Chloraseptic gargle or spray, warm salt water gargle

Heartburn, gas
sour stomach

Riopan Liquid or Tabs (low salt), Phazyme tablets, Mylicon
chewable, Maalox, Tums, Rolaids, Mylanta, Pepcid, Prilosec OTC

Constipation

Benefiber (natural bulk), Colace, Surfak (stool softener)
(generic DSS) Pericolace (laxative and stool softener), Milk of
Magnesia, Miralax

Diarrhea

Imodium (NO Pepto Bismol) (Call for Rx if needed)

Nausea, Vomiting

Emetrol, Vitamin B6 and Unisom (Call for Rx if needed)

Painful urination or
frequency

Azo (OTC) or Pyridium - Do NOT take before getting urine sample
(Call for Rx if needed)

Hemorrhoids

Tronolane, Preparation H, Anusol

Itching, skin rash

Benadryl, Cort-aid (0.5% or 1.0% hydrocortisone) cream,
Aveeno bath

Yeast Infection

Monistat

When breast feeding: All are ok except antihistamines (Benadryl, Zyrtec, Claritin, etc.)

All medications listed are available at your drug store without a prescription, except where noted. If you need a prescription drug, call our office **WITH YOUR PHARMACY NUMBER**. When you see another physician or dentist: **Be sure they know that you are pregnant.**