



Women Physicians Associates
OB/GYN, P.A.

Common Medications Safe to Use during Pregnancy

<ul style="list-style-type: none">• Common Cold/ Sinuses<ul style="list-style-type: none">○ Actifed○ Benadryl○ Claritin and Claritin D○ Mucinex○ Saline only (No Afrin) nasal spray○ Sudafed & Sudafed PE○ Tylenol Cold/Sinus○ Zyrtec	<ul style="list-style-type: none">• Cough<ul style="list-style-type: none">○ Robitussin○ Robitussin Liquid Gel (no alcohol)○ Cough drops○ Chloraseptic spray
<ul style="list-style-type: none">• Headache/Aches & Pains<ul style="list-style-type: none">○ Tylenol/Tylenol Extra Strength○ Excedrin Tension <p>*NO Aspirin, Ibuprofen, Motrin or Advil*</p> <p><i>*If no relief with Tylenol, please contact our office*</i></p>	<ul style="list-style-type: none">• Heartburn/Gas<ul style="list-style-type: none">○ Gas-X○ Prilosec OTC○ Maalox○ Mylanta○ Zantac 75 mg or 150 mg up to twice daily○ Tums
<ul style="list-style-type: none">• Constipation<ul style="list-style-type: none">○ Colace○ Fiber supplement (Metamucil, Benefiber, etc.)○ Fleets enema○ Glycerin Suppository○ Milk of Magnesia (liquid or gel caps)○ Miralax○ Senokot S	<ul style="list-style-type: none">• Nausea<ul style="list-style-type: none">○ FIRST try Vitamin B6 50 mg every 6 hours○ IF NO RELIEF try adding Dramamine OR Unisom (Take these along with the Vitamin B6)○ B-natal Candy○ Emetrol○ Sea Bands
<ul style="list-style-type: none">• Hemorrhoids<ul style="list-style-type: none">○ Anusol (may use for one week)○ Preparation H○ Tucks <p><i>*If bleeding occurs please call our office*</i></p>	<ul style="list-style-type: none">• Diarrhea<ul style="list-style-type: none">○ Kaopectate○ Imodium AD