

DRUGS THAT ARE SAFE IN PREGNANCY

Revised 11/29/12

Problem	Safe to take
Heartburn, gas and bloating, upset stomach	<p>Antacids for heartburn (Maalox, Mylanta, Roloids, Tums) Ranitidine (Zantac) or cimetidine (Tagament) if no improvement</p> <p>Simethicone for gas pains (Gas-X, Mylicon)</p>
Cough or cold	<p>Guaifenesin, an expectorant (Mucinex, Robitussin)</p> <p>Dextromethorphan (DM) – cough suppressant</p> <p>Cough drops</p> <p>Vicks VapoRub</p> <p>Decongestants with pseudoephedrine and phenylephrine can be taken in limited doses if you have an uncomplicated pregnancy. Women with high blood pressure should not take these. Check with your doctor.</p> <p>DO NOT TAKE MEDICATIONS WITH ALCOHOL</p>
Pain relief, headache, fever	<p>Acetaminophen (Tylenol)</p> <p>Do NOT take aspirin or ibuprofen</p>
Allergy relief	<p>Loratadine (non-sedating antihistamine – Claritin, Alavert, Tavist ND) Chlorpheniramine and tripeleminamine (Chlor-Trimeton) Diphenhydramine (sedating anti-histamine – Benadryl)</p>
Constipation	<p>Fiber supplements (Metamucil, Citricel)</p> <p>Stool softener (Colace – docusate)</p> <p>Laxative (Milk of Magnesia)</p>
Anti-diarrheal agents	<p>Kaolin and pectin (Kaopectate)</p> <p>Loperamide (Imodium)</p>
Nausea	<p>Vitamin B6 25 mg (can take up to 3 times per day) + Unisom (doxylamine) 12.5 mg – may cause sedation so start at night</p> <p>Ginger 250 mg</p>