



Medications While Pregnant

While we prefer that you do not take any medications during your pregnancy, we understand that there are occasions when there may be a need to take something.

Below is a list of medications that are safe to use during pregnancy. If you take any of these medications for longer than seven days and do not have any relief of your symptoms, please contact our office.

Please avoid using products with aspirin (i.e. Bufferin, Anicin), Ibuprofen (i.e. Advil, Motrin, Nuprin) or alcohol (i.e. Nyquil), unless directed by your provider.

Symptom	Approved
Headache Treatment	Tylenol, Extra Strength Tylenol, Excedrin Tension Headache
Headache Prevention	Powdered Magnesium - 1 scoop nightly in 12 oz. of liquid or Magnesium tablets, 400mg 2 times per day
Backache Leg Aches	Tylenol Extra Strength Tylenol, Benadryl
Heartburn Stomachache Gas Pain	Tums, Pepcid, Gas-X, Prilosec
Cold Cough Stuffy Nose	Sudafed - after the 12th week Throat or Cough Lozenges Robitussin, Mucinex
Hay Fever Allergies	Benadryl, Claritin, Zyrtec
Constipation	Citrucel, Metamucil, Fibercon, Colace, Magnesium, Miralax
Hemorrhoids	Tucks Pads, Anusol, Preparation H
Diarrhea	Imodium
Nausea	Vitamin B6 25 mg with or without Unisom ½ tablet, 3 times per day
Insomnia	Tylenol PM, Benadryl, Unisom or Melatonin 1mg



WOMEN'S CENTER

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