

# MEDICATIONS SAFE IN PREGNANCY

## **COLDS**

Tylenol products  
(cold, sinus, regular, extra strength, PM)  
Benadryl, Claritin, Zyrtec  
Robitussin DM  
Cough Drops, throat lozenges, saline nasal drops

## **CONSTIPATION**

Prunes, lots of fluids, cantaloupe, watermelon,  
strawberries  
Natural fiber, raisin bran cereal  
Stool softeners - dulcolax, colace, peri - colace  
Metamucil, citrucel, fibercon, milk of magnesia  
Extreme cases - Magnesium citrate, fleets enema

## **HEARTBURN/INDIGESTION**

Tums, Roloids - good calcium source  
Maalox, Mylanta, Gaviscon  
Pepsid, Zantac, Tagament - talk to your MD first

## **HEMORRHOIDS**

Anusol HC, preparaion H, proctofoam, tucks

## **NAUSEA/VOMITING**

Emetrol  
Ginger Ale, Seabands

## **DIARRHEA**

Kaopectate, Donnagel, Imodium

## **WHAT TO AVOID**

Tetracycline, doxycyline, floxin antibiotics  
General anesthesia  
Ibuprofen products  
Afrin or neosynephrine nasal sprays  
Aleve