

## Safe Medications in Pregnancy

### Acne (topical)

- Benzyl Peroxide
- Azelaic Acid
- Salicylic Acid
- Glycolic Acid

### Antihistamines

- Allegra
- Benadryl
- Claritin
- Claritin-D
- Tylenol Allergy
- Zyrtec
- Xyzal
- Flonase, Nasonex nasal sprays
- Saline nasal spray

### Acid Reflux

- Tums
- Zantac
- Pepcid
- Maalox
- Mylanta
- Rolaids

### Cough Suppressants and

#### Decongestants

- Robitussin (Plain or DM)
- Mucinex
- Tessalon Perles
- Albuterol
- Sudafed (*avoid if you have high blood pressure*)
- Tylenol Sinus
- Afrin (*avoid if you have high blood pressure; do not use for more than 3 days*)

### Constipation

- Colace
- Senna
- Dulcolax
- MiraLAX
- Milk of magnesium
- Metamucil

### Fever

- Tylenol (including Extra Strength) *\*Do not take more than 3,000 mg in 24 hours*

### Gas Relief

- Gas-X

### Hemorrhoids

- Preparation H
- AnuSol (with or without cortisone)
- Tucks Pads with Witch Hazel
- Xylocaine Ointment 2%

### Headache

- Tylenol (including Extra Strength) *\*Do not take more than 3,000 mg in 24 hours*
- Benadryl
- Magnesium Oxide

### Iron Supplement

- Vitron-C

### Insect Repellent

- Any insect repellent with 10-25% DEET

### Anti-Itch

- Benadryl Ointment
- Caladaryl Lotion
- Hydrocortisone Ointment
- Cortaid

### Anti-Nausea

- Vitamin B6 (25 mg 3 times per day)
- Unisom (1 Doxylamine 12.5 mg daily) + Vitamin B6

### Anti-Diarrhea

- Lomotil
- Imodium (start with 4 mg, then 2 mg after each loose stool for max dose of 16 mg per day)

### Sore Throat

- Chloraseptic Spray or Oral Strips
- Throat Lozenges

### Sleep Aids

- Unisom
- Melatonin
- Benadryl

### Sunscreen

- SPF 30 or higher

### Yeast Infection

- Monistat 5 or 7

### Vaccines

- Flu shot
- COVID-19 Vaccine and Booster shot
- TDaP (Tetanus, Diphtheria, Pertussis)

### Other Medications\* (*may be recommended by your OB*)

- Aspirin 81 mg (i.e. "Baby Aspirin")
- Rhogam