



SAFE MEDICATIONS for PREGNANCY and LACTATION

Symptoms	Medications	Natural Remedies
Allergies	Benadryl 25 mg. Every 6-8 hours Claritin 10 mg (Not Claritin D). Allegra daily (not Allegra D) Zyrtec 10 mg. daily	
Pain/Fever	Tylenol 650-1000 mg. Every 4 hours as needed. Try ice or heat. It is OK to use Icy Hot cream or pain patch. Ibuprofen (Advil, Nuprin) 600 mg. Every 6 hours with food. Occasional use is okay. Maximum three days in a row. Do not use Ibuprofen before 12 weeks or after 32 weeks in any amount.	Salt water gargles for sore throat, nasal saline drops for congestion, cough drops, humidifier, rest, drink plenty of fluids
Constipation	Fiber products: Metamucil, Citracal, Fibercon, and Benefiber. Stool softeners: Colace- one tablet 2-3 times a day Senekot-one tablet 1-3 times a day (more stimulation) Laxatives: Milk of Magnesia, ex-lax, Correctol, Miralax (Fleets enema okay)	Increase fluids Increase fiber intake; prunes Regular exercise
Diarrhea	Imodium liquid or capsules as directed on the box. <i>May use after 24 hours of diarrhea</i>	Clear fluids BRAT Diet: bananas, rice, apples, toast
Cough	Robitussin DM 2-4 tps every 4-6 hours as needed. Dextromethorphan every 4-6 hours as needed. Add Sudafed if your nose is dripping. <u>Avoid in first trimester and during breastfeeding</u> Any sore throat or cough lozenge is okay.	
Heartburn	Tums EX or Ultra. One to two tablets at a time. Max: 8 per day. Mylanta or Maalox. Better choice if already burning. To prevent: Zantac 150 mg. twice a day (mid-day and bedtime.). After eating: Pepcid AC	Smaller meals Head elevation when laying
Hemorrhoids	Annusol HC Cream, Tucks Pad, Cortisone Cream.	Warm "sitz bath" Witch Hazel
Nausea & Vomiting (not morning sickness)	Dramamine or Emetrol as directed on package. Zantac is helpful to reduce stomach acid production.	Small frequent meals Ginger tea or ginger ale. Crackers or Dry Toast
Insomnia	Benadryl 25-50 mg. One hour before bedtime. Tylenol PM, Unisom, Melatonin.	Chamomile tea Hot bath
Yeast Infection	Monistat OTC 3, 5 or 7 day treatment; insert into vagina at any time in pregnancy.	Wear cotton underwear Reduce or eliminate sugar in diet Eat yogurt
Rash	Benadryl Hydrocortisone Cream	
Gas	Gas-Ex or Mylicon tabs. One chewable tablet after meals and at bedtime.	
Dizziness	Meclizine ½ tablet every 6-8 hours.	
Congestion	Sudafed 30-60 mg. Every 4-6 hours. <u>Do not use in first trimester or during breast feeding.</u> Dayquil every 6-8 hours. Afrin 12 hour's nasal spray at bedtime. Not more than 3 days in a row.	Neti Pot to irrigate the sinuses. Ok to use saline nasal spray.