

Recommended Medications

For common problems during PREGNANCY and BREASTFEEDING

****You should try to avoid taking ANY medication during the first 12 weeks of pregnancy.****

The use of generic substitutes is OK.

Cold & Sinus

Allegra
Any Tylenol Product
All Antihistamines
Benadryl
Claritin
Zyrtec
Breath Right Strips
Saline Nose Spray
Vaporizer or Humidifier

Constipation

Miralax
Colace
Pericolace
Milk of Magnesia (liquid or gel caps)
Benefiber
Metamucil

Cough

Robitussin DM
Mucinex
Vapor Rub
Humidifier

Diarrhea

Kaopectate
Immodium Advanced

Sore Throat

Cloraseptic Spray
Any type of throat lozenge

Hemorrhoids

Tucks
Preparation H
Anusol HS

Gas

Mylicon/Simethicone
Gas X

Morning Sickness

(see Nausea & Vomiting Section
of your OB packet for more information)
Emetrol
Vitamin B6 or B12 10-25mg
3 times/day
Ginger Tablets
Ginger Ale
Unisom

Headache

Tylenol/Tylenol PM
Acetaminophin
325mg 3-4 times/day
Do NOT take any aspirin or
ibuprofen products.

Heartburn

Riopan Plus
Mylanta II
Gaviscon
Rolaids/Tums
Zantac
Priolosec
Take 30-60 minutes after meals
or as needed with all products.

Perineal/Vaginal Itching

Gynecort/Cortaid

Prenatal Vitamins

Flintstones Chewables
2 tablets daily

For more information log on to:
MothersToBaby.org/facts-sheets-parent/



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