

Medications In Pregnancy

The most sensitive time during fetal development is the first 12 weeks of pregnancy. This is the time to be especially cautious about taking any drugs or medications, although caution should be taken throughout the pregnancy with regard to taking medications. After careful consideration, we have made a list of medications we feel are safe for you to take during pregnancy. Only take the recommended dosage.

Please call your doctor/clinic if you need to take any of these medications for more than three (3) days. Any prescription drugs you are already taking should be discussed with your doctor as soon as you believe you are or will become pregnant.

If you have any questions, please call your doctor.

MEDICATIONS YOU CAN TAKE

HEADACHE:

Tylenol (acetaminophen)

Use sparingly. Talk with your doctor about safe use during pregnancy.

UPSET STOMACH:

Maalox
Pepcid AC
Tums
Mylanta
Zantac

COUGH:

Delsym (dextromethorphan)

RASH:

Caladryl Lotions

ALLERGY:

Benadryl
Claritin (regular, not Claritin-D)
Zyrtec (regular, not Zyrtec-D)

SINUS CONGESTION:

Nasal saline
Afrin nasal spray
Sudafed (pseudoephedrine)
Chlor-trimeton
Benadryl

DIARRHEA:

Imodium

CONSTIPATION:

Miralax
Metamucil
Citrucel
Milk of Magnesia
Colace

MEDICATIONS YOU CANNOT TAKE

Pepto Bismol
Advil/Motrin (ibuprofen)
Aleve (naproxen)

aspirin - unless approved by your doctor
Robitussin (guaifenesin) - unless approved by your doctor