

## 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.

#### COUGH:

Delsym (dextromethorphan)

#### UPSET STOMACH:

Maalox  
Pepcid AC  
Tums  
Mylanta  
Zantac

#### RASH:

Caladryl Lotion

#### ALLERGY:

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

#### SINUS CONGESTION:

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

#### DIARRHEA:

Imodium

#### CONSTIPATION:

Miralax  
Metamucil  
Citrucel  
Milk of Magnesia  
Colace

### MEDICATIONS YOU CANNOT TAKE:

Pepto Bismol  
Advil/Motrin (ibuprofen)  
aspirin - unless approved by your doctor  
Aleve (naproxen)  
Robitussin (guaifenesin) - unless approved by your doctor

