Safe Medication During Pregnancy

**Acne**
- Clindamycin
- Topical Erythromycin

**Caffeine**
- < 200 mg a day (equivalent to 1 cup of coffee)

**Cold/Hayfever**
- Benadryl
- Chlor-Trimeton
- Drixoral-Non-Drowsy
- Loratadine
- Mucinex (guaifenesin)
- Tylenol Cold & Sinus
- Vicks Vapor Rub
- Zyrtec

**Constipation**
- Keep well hydrated, exercise, incorporate fiber into diet
- Colace
- Fibercon
- Metamucil
- Miralax

**Cough**
- Cough Drops
- Robitussin (guaifenesin & DM formulas)

**Diarrhea**
- Keep well hydrated, BRAT diet (bananas, rice, applesauce, toast)
- Kao-Pectate
- Imodium AD
Fever/Pain
- Tylenol (Regular or Extra strength)
- Extra strength- do not exceed 8 tablets in 24 hours
- Regular strength- do not exceed 12 tablets in 24 hours

Miscellaneous
- All Sunscreens
- Insect Repellants (including DEET)

Heartburn
- Sit upright, don’t lie flat for 2 hours after eating, avoid spicy foods
- Maalox
- Milk of Magnesia
- Mylanta
- Pepcid or Pepcid Complete
- Rolaids
- Tums- do not exceed 8 tablets in 24 hours

Hemorrhoids
- Anusol or Anusol H.C.
- Hydrocortisone
- Preparation H
- Tucks
- Vaseline Jelly
- Vitamin E Cream

Leg Cramps
- Keep well hydrated, bananas, yogurt
- Magnesium Sulfate- do not exceed 3 tablets in 24 hours

Nausea
- ½ Vitamin B6 with ½ Unisom (3-4 times a day)
- Dramamine
- Emetrol
- Ginger Root 250mg (4 times a day)
- High Complex Carbs before bedtime
- Sea Bands

Rash
- Benadryl
- Benadryl Cream
- 1% Hydrocortisone Cream

Sleep Aids
• Benadryl
• Chamomile Tea
• Unisom
• Tylenol PM
• Warm milk (add vanilla or sugar for taste)

**Throat**
• Cepacol
• Cepastat
• Chloraseptic Spray
• Saltwater gargle with warm water

**Tooth Pain**
• Orajel

**Yeast**
• Femstat
• Gyne-Lotrimin 3 or 7 day treatment
• Monistat 3 or 7 day treatment