



## Safe Medications During Pregnancy...

### Allergies

Benadryl  
Claritin  
Claritin D  
Sudafed  
Zyrtec  
Zyrtec D

### Cold & Congestion

Actifed  
Mucinex  
Sudafed  
Tylenol Cold Products

### Constipation

Colace (Docusate Sodium)  
Magnesium Citrate  
Milk of Magnesia  
Miralax

### Cough

Cough Drops  
Robitussin DM

### Diarrhea

BRAT Diet  
Imodium AD

### Headaches and/or Pain

Extra Strength Tylenol  
Tylenol

### Heartburn

Mylanta  
Pepcid  
Prevacid  
Prilosec

### Insomnia

Tylenol P.M.  
Unisom

### Nausea

½ Unisom tablet with Vitamin B6 -  
take in morning & night

### Stool Softeners

Colace  
Miralax

### Yeast Infection

Cream Treatments  
Monistat 7

*\*We advise you contact your pediatrician to discuss acceptable medications while breast feeding.*