



Safe Medications During Pregnancy...

Allergies

Benadryl
Claritin
Claritin D
Sudafed
Zyrtec
Zyrtec D
Nasonex Nasal Spray
Flonase Nasal Spray
Rhinocort Nasal Spray

Cold & Congestion

Actifed
Mucinex
Mucinex DM
Sudafed
Tylenol Cold Products

Constipation

Magnesium Citrate
Milk of Magnesia
Miralax
Metamucil
Gas X

Cough

Cough Drops
Robitussin DM
Guaifenesin
Delsym

Diarrhea

BRAT Diet
Imodium AD

General Pain

Extra Strength Tylenol
Tylenol

Heartburn

Mylanta
Pepcid
Pepcid AC
Prevacid
Prilosec
Nexium
Zantac

Insomnia

Tylenol PM
Unisom

Nausea

1/2 Unisom Tablet
with Vitamin B6
Morning/Night

Stool Softeners

Colace
Miralax

Yeast Infection

Monistat 7

This list is for informational purposes only.

We recommend you call us or Text-A-Nurse for questions or medical advice.

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