

Medications Safe in Pregnancy

Here is a list of commonly used over the counter treatments that are generally safe for pregnant women. If you are ever unsure of which medicines to take or how much to take, it is always best to check with your healthcare provider.

Allergy, Cold and Flu

Tylenol (regular or extra strength)
Sudafed
Robitussin
Delsym
Benadryl (after the 12th week)
Saline nasal drops or spray
Claritin
Zyrtec

Diarrhea

Immodium (after the 12th week)
Kaopectate
Donnagel

Headache

Tylenol (regular or extra strength)
Tiger Balm

Hemorrhoids

Preparation H
Tucks
Anusol

Rashes

Hydrocortisone cream or ointment
Benadryl cream
Aveeno
Caladryl lotion or cream

Constipation

Metamucil
Citrucel
Fibercon/Fiberall
Colace
Glycerin suppositories

First Aid Ointment

Neosporin
Bacitracin

Heartburn

Maalox
Mylanta
Tums
Pepcid (not Acid)
Zantac
Tagamet

Nausea and Vomiting

Vitamin B6 50mg tablet at bedtime with
Unisom 1/2 tab
Powdered ginger root capsules
(2-3 daily)



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