



Safe Medication List: Pregnancy and Postpartum

For questions, call the office: (650) 666-0033

The following is a list of medications that may be taken during pregnancy.

Symptom	Medication
Aches/Pain/Fever	Tylenol (500mg every 6 hours)
Allergies	Claritin, Zyrtec, Tylenol Allergy/Sinus, Chlor-Trimeton, Benadryl, Dimetapp, Allegra
Cold/Sinuses	Tylenol Cold, Sudafed, Actifed, Saline Nasal Spray, NasalCrom, Dristan, Breathe Right Strips.
Constipation	FiberCon, Metamucil, Fiberall, Dulcolax, Citrucel, Colace (100mg BID)
Cough	Robitussin Plain, Robitussin DM, Dextromethorphan, Vicks VapoRub, Cepacol
Diarrhea	Kaopectate, Imodium (Call if fever, weak, dizzy or no improvement within 1-2 day)
Headache	Tylenol (Call if persistent headache, blurred vision or epigastric pain)
Hemorrhoids	Preparation H, Anusol HC
Indigestion/Heartburn	Tums, Rolaids, Mylanta, Maalox, Tagamet, Pepcid 20mg BID (Call if severe abdominal pain)
Insomnia	Benadryl 25mg every 6 hours, Tylenol PM, Doxylamine
Nausea	Doxylamine 25mg @ bedtime + Vitamin B6 25mg TID (Call if unable to keep fluids down > 24 hrs or if weak or dizzy)
Sore Throat	Halls Drops, Chloraseptic Spray, Cepacol, Sucrets
Yeast Infection	Mycelex, Gyne-Lotrimin, Monistat 7 day, Femstat (Call if vaginal bleeding, fluid leakage, persistent symptoms)