

# Medication During Pregnancy

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## Medications considered low-risk in pregnancy:

### Nausea/Vomiting

- Ginger tablets or tea
- Vitamin B-6: take 25mg three times per day as needed for nausea
- Doxylamine (Unisom): Take ½ of a 25mg tablet with vitamin B-6 as needed for nausea

### Pain

- Acetaminophen (Tylenol): Take a regular (325mg) or extra strength tablet (500mg). Do not exceed 4,000mg in a 24 hour period

### Cold

- Cough drops
- Zicam
- Benadryl
- Robitussin (plain or DM)
- Throat drops (menthol)
- Phenylephrine (Sudafed): Please ask your physician if you have a history of high blood pressure.
- Any Tylenol-based combination cold product

### Sinus/Allergy

- Allegra
- Benadryl
- Chlorphenhydramine (Chlor-Trimenton)
- Claritin
- Saline nasal spray
- Zyrtec

### Constipation

- Colace
- Fibercon
- Milk of Magnesia
- MiraLAX
- Senokot

### Gas

- Mylanta
- Simethicone (GasX)

### Reflux/Upset Stomach

- Maalox
- Pepcid
- Tagamet
- TUMS
- Zantac

### **DO NOT take the following medications without checking with your physician first:**

- Aspirin
- Ibuprofen (Motrin, Advil)
- Naproxen (Aleve)
- Pepto-Bismol

PLEASE CHECK WITH YOUR PHYSICIAN IF YOU HAVE ANY QUESTIONS REGARDING A MEDICATION