**Medications Safe to Take During Pregnancy**

**Cold/Flu/Congestion/Cough:** Saline nasal spray**,** Dextromethorphan, Guaifenesin, Oxymetazoline nasal spray (limit duration of use).

**\*Do not use products with Phenylephrine or Pseudoephedrine in the 1st trimester or if you have high blood pressure.**

**Sore Throat:** Cough lozenges, warm saline gargle (1 tsp salt in 1 quart of warm water).

**Allergy Symptoms:** Benadryl (Diphenhydramine), Claritin and Alavert (Loratadine), Zyrtec (Cetirizine), Allegra (Fexofenadine), Chlorpheniramine, Nasal Steroid spray (Flonase, Nasacort, Rhinocort).

**Rash:** Hydrocortisone cream, Benadryl cream, Caladryl cream/lotion, Oatmeal bath.

**Constipation:** Metamucil, Citrucel, FiberCon, Colace, Dulcolax, Milk of Magnesia, Senokot/Senokot S, MiraLAX.

**Fever:** Tylenol (Acetaminophen) - limit dose and duration of use. Call if temperature remains > 100.5 after taking Tylenol.

**Headache:** Tylenol (Acetaminophen) - limit dose and duration of use.

**Pain and Discomfort:** Tylenol (Acetaminophen) - limit dose and duration of use.

**Diarrhea:** Imodium - limit use to 24 hours and avoid in the 1st trimester.

**Heartburn:** Gaviscon, Tagamet**,** Tums, Maalox, Mylanta, Zantac, Pepcid.

**Nausea:** Emetrol (do not use if diabetic), Vitamin B6, Unisom (Doxylamine) with or without B6, Mylanta, Peppermint, Sea Bands.

**Hemorrhoids:** Preparation H, Anusol, Tucks Pads, Witch Hazel.

**Yeast Infection:** Monistat (Miconazole).

**First Aide Ointment:** Bacitracin, Neosporin.

**Sleep:** Unisom (Doxylamine), Benadryl (Diphenhydramine).

**Gas:** Simethicone.

**\*Please note: No drug can be considered 100% safe.**