

## Medications That Are Safe To Take During Your Pregnancy

Symptoms	Medications
Allergies	Claritin, Zyrtec
Cold or Sinus	<ul style="list-style-type: none"> <li>• Actifed</li> <li>• Sudafed (no aspirin)</li> <li>• Benadryl</li> <li>• Sinutab/ Allergy</li> <li>• Claritin</li> <li>• Chol-Trimeton</li> <li>• Tylenol Cold (no Aspirin)</li> <li>• Mucinex</li> </ul> <p>* *You may use a Vaporizer**</p>
Cough	<ul style="list-style-type: none"> <li>• Robitussin DM or CF</li> <li>• Vicks Formula 44D</li> <li>• Throat Lozenges</li> </ul>
Headache	<ul style="list-style-type: none"> <li>• Tylenol (Regular or Extra Strength)</li> </ul>
Indigestion	<ul style="list-style-type: none"> <li>• Tums</li> </ul> <p>(If that doesn't work, discuss other options with your doctor)</p>
Nausea/ Vomiting	<ul style="list-style-type: none"> <li>• Emetrol</li> <li>• Vitamin B6 (100mg daily)</li> <li>• Unisom/B6 combination</li> </ul> <p>(If these do not work contact your doctor)</p>
Diarrhea	<ul style="list-style-type: none"> <li>• Kaopectate</li> <li>• Immodium AD</li> </ul>
Skin Rash	<ul style="list-style-type: none"> <li>• Calamine</li> <li>• Caladryl</li> <li>• Benadryl</li> <li>• Hydrocortisone</li> </ul>
Hemorrhoids	<ul style="list-style-type: none"> <li>• Preparation H</li> <li>• Tucks</li> <li>• Anusol</li> <li>• Cortaid</li> </ul>
Vaginal Itching	<ul style="list-style-type: none"> <li>• Monistat 7 (over the counter)</li> </ul>