

Safe Medicines to Take While Pregnant

Heartburn **FIRST TRY:** Antacids for relief of heartburn

- Maalox® regular strength, Tums®, Rolaids®

SECOND TRY: Medicines for relief of heartburn

- Zantac 360® or Pepcid AC® (Famotidine)

Headaches Tylenol® **regular strength** (Acetaminophen)

Hemorrhoids Anusol®, Preparation H®, Tuck's® or Witch Hazel

Insect Repellent ... Products containing Deet—**use as directed only**

- Avon Skin-So-Soft®
- Natrapel® (Deet free sprays)

Itching and Skin Rash Benadryl® cream/lotion or Caladryl® cream/lotion Aveeno®

Nausea and Vomiting..... Eat small frequent meals, a bland diet, and ginger products (e.g., cookies, tea, ginger ale)

- Ginger capsules – 250mg two times a day
- Sea Bands
- Vitamin B-6 - 25 mg three to four times a day
- Vitamin B-6 plus Unisom® 25mg (half a tablet three to four times a day)

Yeast Infection Talk to your healthcare provider.

For more resources go to:
www.vdh.virginia.gov/pregnancy



Pregnancy is an exciting time and your safety is a priority.

There may be times during your pregnancy when you need medication. **You should always check with your healthcare provider before taking any medication or herbal supplements when planning for or during your pregnancy.**

The remedies and medications listed are considered safe during pregnancy when used as directed. You should only use medications for symptoms you have and for the shortest amount of time.

| ILLNESS | TREATMENT |
|------------------------|---|
| Asthma | Talk to your healthcare provider. |
| Allergies | for symptoms such as runny nose; itchy and watery eyes, nose or throhat; sneezing <ul style="list-style-type: none"> • Alavert® or Claritin® (Loratadine) • Benadryl® (Diphenhydramine) • Chlor-Trimeton® (Chlorpheniramine) |
| Cold or Flu | |
| Cough | Sip warm tea or water with honey and lemon. Suck on hard candy, peppermints, or cough drops. <ul style="list-style-type: none"> • Benylin®, Delsym®, Tussin DM®, Vicks 44E® cough relief (Dextromethorpan) |
| Congestion | Run a humidifier. Use saline nasal drops, spray, or rinse (neti pot). <ul style="list-style-type: none"> • Diabetic Tussin®, Mucinex®, Vicks Dayquil® (Guaifenesin) |

Cold or Flu (cont.)

Cough &

Congestion Warm showers (can use small amount of mentholated rub in bottom of shower)

- Vicks® vapor rub (Mentholated chest rub)
- Sudafed® or Actifed® (Pseudoephedrine)
- Diabetic Tussin DM®, Robitussin Peak®, Vicks 44® (Guaifenesin plus Dextromethorphan)

Sore Throat Gargle warm salt water and sip warm drinks

- Chloraseptic® throat spray

Constipation Maintain a healthy diet (eat more fruits and vegetables) and drink more water.

- **FIRST TRY:** Fiber products such as FiberOne® cereal (or other high fiber cereal), Citrucel®, Metamucil®, Fibercon®, Benefiber®
- **SECOND TRY:** A stool softener such as Colace®, Dulcolax®, DulcoEase®, Fleet Softax®, Phillips® (Docusate Sodium)
- **THIRD TRY:** A laxative such as Milk of Magnesia®, Little Phillips® or Phillips Chewables® (Magnesium Hydroxide)

Depression..... Talk to your healthcare provider.

Diarrhea **Use only after 12th week of pregnancy. Do not use for more than 24 hours**

- Immodium®, Kaopectate®

Fever and

Body Aches Take your temperature, if it is more than 100°, contact your healthcare provider.

Gas Gas X®, Mylanta Gas® (Simethicon)