

APPROVED MEDICATIONS FOR USE DURING PREGNANCY

The following medications are generally considered safe to use during pregnancy. Generic/store brand formulations are acceptable when available.

COLDS/FLU/COUGH/ALLERGIES

Acetaminophen (Tylenol) containing products only. No ibuprofen (Motrin, Advil) or naproxen (Aleve).

- Tylenol Cold and Flu
- NyQuil or DayQuil caplets
- Tylenol (regular or extra strength)
- Pseudoephedrine (Sudafed) or Phenylephrine (Sudafed PE)
- Robitussin (any formulation)
- Delsym (dextromethorphan)
- Cough drops (Halls, Burt's Bees, Sucrets, Chloraseptic)
- Claritin/Zyrtec/Benadryl
- Tamiflu (if confirmed influenza)

HEADACHE/BODY ACHES

- Tylenol (regular or extra strength)
- Aspirin-free Excedrin
- Tylenol Sinus

REFLUX/HEARTBURN/GAS/DIARRHEA

- TUMS, Maalox, Mylanta
- Zantac 150mg up to twice a day
- Pepcid AC as directed
- Prilosec
- Prevacid
- Simethicone (Gas-X)
- Immodium or Kaopectate

CONSTIPATION

- Metamucil/Citrucel powder or caplets
- FiberCon tablets
- Miralax or Benefiber powder
- Docusate Sodium (Colace)
- Milk of Magnesia

HEMORRHOIDS

- Preparation H creams or suppositories
- Anusol
- Tucks pads

Amoxicillin, penicillin, ampicillin, augmentin, macrobid, keflex, zithromax and clindamycin are all antibiotics that can be used safely in pregnancy if you are not allergic.