



Safe Medications During Pregnancy

ALLERGY/COLD

Postnasal drip & thick mucous

Mucinex (Guaifenesin) or other mucolytics
Sinus rinses with distilled water never tap water

Antihistamine – for itching, sneezing or “dripping”

Zyrtec
Chlor-Trimenton
Benadryl
Claritin Not Claritin-D

Cough Syrup

Robitussin (DM, PE)

NASAL CONGESTION

Saline nose drops
Anti-inflammatory nasal sprays
NO Afrin or nasal spray decongestants

SORE THROAT

Chloraseptic
Warm salt water gargles
Any throat lozenge –except Ricola

Follow-up with Family Practice if accompanied by a fever or persists \geq 3 days.

HEADACHE/DENTAL PAIN

Tylenol (Acetaminophen)
Extra Strength is OK

Call MD if headache is associated with vision changes, extra swelling or abdominal pain, or not relieved by Tylenol.

Standing order for dental care available through the triage nurses.

FEVER

Tylenol (Acetaminophen)
Extra Strength is OK

Take for temperature \geq 100.4 or as needed for discomfort.

GAS/FLATUS

Mylanta Gas

DIARRHEA

Imodium
Avoid milk/dairy

Increase clear liquids for 48 hours

HEARTBURN/INDIGESTION

Mylanta
Riopan
Maalox
Tums
Rolaids
Gaviscon
Pepcid
Tagamet

Liquid is more effective than tablets. Avoid Alka-Seltzer or Pepto Bismol. Avoid large, greasy, or spicy meals. Try eating yogurt or milk before meals.

HEMORRHOIDS

Preparation H
Tucks pads
Anusol cream or suppositories
Warm salt water soaks

HERPES

If needing a prescriptive medication check with physician

INSOMNIA

Tylenol PM
Benadryl

BACK PAIN

Tylenol (Acetaminophen)
Extra Strength is OK

Call MD with any contractions, vaginal bleeding/ discharge.

NAUSEA

Emetrol
Vitamin B6 & Unisom (Pyridoxine) 25mg/day

Avoid dairy, greasy, spicy foods.

Try clear liquids.

Call MD if not able to keep anything down for 24 hours.

CONSTIPATION

Surfak
Colace, Pericolace
Metamucil
Fibercon
Miralax
Milk of Magnesia
Citrucel

Increase clear fluids (ginger ale, 7up, Gatorade, broth, popsicles)

SKIN IRRITATION

Aquaphor Ointment
Calamine
Corticaïne
Lanacort
Hydrocortisone ointment
Benadryl ointment

The above is a list of medications and additional suggestions considered safe by ARC physicians to help treat common conditions. **Please remember that it is not recommended any drug to be used for an extended period of time, especially in the first trimester of pregnancy.** Be sure to discuss any prescribed medications you are taking regularly with your provider at your first visit. Feel free to speak with us regarding any concerns that you may have regarding you or your baby's health. You can call your OB/GYN office; choose option 4 to speak to our triage nurses. **Avoid any non-steroidal, anti-inflammatory drugs such as Aspirin, Ibuprofen, Advil, Aleve, or Motrin. Don't take ANY form of Accutane.**