

# Medications

## During Pregnancy

The following is a list of approved medications to be used throughout pregnancy. Please review all prescription medications with your providers.

You should NOT take any NSAIDs during pregnancy: Aleve, Advil, Motrin, Ibuprofen

### Skin (acne/rash)

- Benzoyl Peroxide
- Hydrocortisone cream
- Lotrimin

### Allergies

- Benadryl
- Claritin
- Zyrtec
- Flonase

### Cough/Cold

- Nasal spray (Rhinocort, Saline, Sinex)
- Vicks
- Benadryl
- Mucinex (plain or DM)
- Robitussin (plain or DM)

\*NO pseudoephedrine containing products

### Sore Throat

- Cough drops/lozenges
- Chloraseptic spray

### Headache/Pain/Fever

- Tylenol Regular or Extra Strength
- Excedrin Tension
- Magnesium Oxide 400 mg daily

### Nausea

- Sea Bands
- Ginger candy
- Vitamin B6 (25mg 3 times a day)  
PLUS
- Unisom 25mg (at night)

### Gas Pain

- Gas X
- Mylanta
- Mylicon

### Constipation

- MiraLAX
- Metamucil
- Milk of Magnesia
- Citrucel
- Colace (docusate)
- Senna
- Glycerin suppositories

### Diarrhea \*notify provider if greater than 24hrs

- Imodium (loperamide)

### Heartburn/Acid Reflux/GERD

- Maalox/Mylanta
- TUMS/Roloids
- Prevacid
- Prilosec
- Pepcid
- Tagamet

### Hemorrhoids

- Preparation H or Anusol
- Witch Hazel or Tucks Pads

### Insomnia/Lack of sleep

- Benadryl
- Unisom

### Yeast Infection

- Monistat-7 day

### Insect Repellent

- Protective Clothing
- DEET- based topical repellent

### Other

- Tuberculosis (TB) Test
- Hepatitis B vaccine
- Tdap vaccine
- Flu vaccine
- Covid vaccine
- RSV vaccine