Medication should be avoided during pregnancy. These meds have been used for years and are considered safe for pregnancy
* any Tylenol or Robitussin

FOR PAIN AND/OR FEVER:
Tylenol (Plain, extra strength or PM)
Check with M.D. re: source of fever

ANTACIDS:
Maalox, Mylanta, Tums, Rolaids

HEARTBURN:
Tagamet, as directed, Pepcid AC, follow directions on box, Zantac 150 mg, 2 twice daily.
Gaviscon works well for gas and heartburn
Axid, Axid AR

(If antacids are not working well)

LAXATIVES:
Citrucel, Fibercon, Metamucil, Dulcolax, Correctol

STOOL SOFTENERS:
Doxidan, Colace, Surfak, Dialose, Docusate, Kaopectate
Stool softener only-no other Kaopectate products

STOOL SOFTENERS WITH STIMULANT:
Peri-colace, Senikot S

COUGH AND CONGESTION:
Any Robitussin Formula, Mucinex, Vicks Dayquil only
Any Tylenol Formula, Sudafed

SORE THROAT:
Gargle with salt water, throat lozenges,
Cold Formula Tylenol

SINUS PROBLEMS:
Congestion – Sudafed, Allergy Actifed,
Headache – Sinus Formula Tylenol, Claritine, Zyrtec
NasalCrom – take up to 1 to 2 weeks

EYE DROPS:
Refresh Tears

DIARRHEA:
Immodium AD

NAUSEA/VOMITING:
Dramamine, Emetrol, Bonine, Dramamine Non-Drowsy
(ice pops instead of drinking lots of fluids if cannot tolerate liquids)
Sea Bands work for some patients
Vitamin B6 50 mg and ½ unisom tablet twice per day

HEMORRHOIDS:
Anusol HC, Preparation H, Tucks, LMX 4%

RASH, ITCHING/ALLERGY:
Benadryl 25 – 50 mg as directed, Benadryl Allergy,
Aveeno Bath Bar, Claritan, Zyrtec, Alavert, Tavist

SLEEP:
Tylenol PM, Unisom, Benadryl 25 – 50 mg

YEAST:
Monistat 1, 3 or 7 day