

# Excellence in Women's Healthcare

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## Safe Medications in Pregnancy

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Although we can never say any medication is 100% safe while you are pregnant, there are many medications that have been used by pregnant women enough to assure us that they can be taken safely. Any medication used during pregnancy should be used with caution, and only as absolutely necessary. This list is to help you decide what may be best to take for your symptoms. If the medication that you want to take is not on this list please call before taking it.

### For Pain or Headache

Tylenol                   \*\*\*\*\*DO NOT TAKE Advil, Motrin, Ibuprofen, Aspirin, Aleve or any other NSAID

### For Colds, Congestion, or Allergies

Congestion is a common problem in pregnancy. Saline nasal spray is safe and often works well. If this does not work you may try:

Benadryl	Robitussin DM
Tylenol Cold	Actifed
Cough Drops	Musinex*****use only after 4 months and no more than 3 doses

### For Constipation

If this is a constant problem try taking a Magnesium tablet every day. You can find this in the Vitamin aisle at any store. You can also use:

Metamucil	Citrucel
Milk of Magnesia	

### For Nausea and Vomiting

Most women have nausea and vomiting (morning sickness). The good news is that this usually passes after 14 weeks. If you are able to keep food and fluids down then you do not need to take anything. Taking extra B vitamins may help, especially B6 (25 mg up to 3 times a day) and B12 (25 MCG 2 times a day).

Ginger ale or peppermint or ginger tea may also help to settle your stomach

### For Heartburn

This is common during Pregnancy and usually gets worse in the last few months. You can try:

Tums	Mylanta
Maalox	Prilosec OTC if these do not work

### For Hemorrhoids

Preparation H	Anusol
Tucks pads	Witch Hazel

### For Rashes or Cuts and Scrapes

Neosporin	Bacitracin
Hydrocortisone Cream	Benadryl Cream
Oatmeal or Aveeno Bath	Caladryl lotion or cream