

OB Medications

Some aches and pains are common during pregnancy. It is advised that medications should generally be avoided during pregnancy. However, if it is necessary, you may take medications from the following list without contacting our office while pregnant or breastfeeding.

PAIN OR FEVER

Tylenol

Please note: We do not advise the use of Aleve, Aspirin, Ibuprofen, or Motrin while pregnant.

COLDS AND SINUS

Tylenol Flu

Tylenol Cold

Tylenol Sinus

Sudafed

HAYFEVER AND ALLERGIES

Actifed

Benadryl

Clariten

Zyrtec

COUGH

Robitussin DM

NAUSEA

Emetrol

INDIGESTION

Tums with Calcium

Mylanta

Maalox

Zantac (twice a day)

Pepcid (once a day)

YEAST INFECTIONS

Monistat 7 Cream

CONSTIPATION

Stool Softeners: Surfak, Colace, Senokot

Fiber Supplements: Citrucel Powder, Fibercon Tablets, Metamucil, Miralax

Laxatives: Milk of Magnesia

EXTERNAL HEMORRHOIDS

Anusol HC

Preparation H (with hydrocortisone)

Tucks Pads

DIARRHEA

Imodium AD

Kaopectate