

# MEDICATION REFERENCE LIST FOR PREGNANT WOMEN

These medications are approved for use during pregnancy. Do NOT take any unlisted medications without first asking your healthcare provider.

## APPROVED MEDICATIONS

<p><b><u>Antibiotics</u></b> Consult your provider</p>	<p><b><u>Vaginal infections</u></b> Monistat 7</p>
<p><b><u>Antiemetics (nausea/vomiting suppression)</u></b> Vitamin B6- 100mg tablets 3 times daily plus 1 tablet of Unisom with the 3<sup>rd</sup> dose of vitamin B6 Motion Sickness Bands Emetrol Heavy Peach Syrup</p>	<p><b><u>Headaches/Pain</u></b> Tylenol Extra Strength Tylenol Icy Hot NO ASPIRIN, IBUPROFEN, ADVIL, ALEVE, OR NAPROXEN</p>
<p><b><u>Colds, Allergies</u></b> Tylenol Cold-Non Drowsy Tylenol Cold-Cold Robitussin Theraflu Chlor-Trimeton Mucinex Saline nasal spray Claritin Allegra Zyrtec Benadryl NO <b>DM</b> COLD MEDICINE UNLESS ADVISED BY YOUR PROVIDER</p>	<p><b><u>Heartburn, Indigestion</u></b> Gaviscon Maalox Mylanta Titralac Tums or Rolaids Tagament HB 200 (only safe after 14 weeks) Pepcid AC (only safe after 14 weeks) Prilosec (only safe after 14 weeks) Prevacid (only safe after 14 weeks) NO PEPTO-BISMOL</p>
<p><b><u>Hemorrhoids</u></b> Anusol Tuck pads Preparation H Nupercainal Ointment</p>	<p><b><u>Laxatives/Stool Softeners</u></b> Colace (Docusate Sodium) Miralax Metamucil Milk of Magnesia</p>
<p><b><u>Breast Care</u></b> Lanolin Masse Breast Cream</p>	<p><b><u>Sleep Aid</u></b> Unisom Tylenol PM</p>
<p><b><u>External Itching</u></b> Benadryl Cream Calamine Lotion Hydrocortisone Cream Colloidal Oatmeal</p>	<p><b><u>Miscellaneous</u></b> NO SMOKING NO ALCOHOL NO HOT TUBS</p>
<p><b><u>Diarrhea</u></b> Imodium</p>	