

Medications during pregnancy

Allergies or runny nose	Benadryl (diphenhydramine) Claritin (loratidine) Zyrtec (cetirizine) Tavist (clemastine) Chlor-trimeton (chlorpheniramine) Rhinocort nasal spray (budesonide) Flonase nasal spray (fluticasone)
Cough	Robitussin DM (dextromethorphan) Delsym (dextromethorphan) Mucinex (guaifenesin)
Congestion	Sudafed (pseudoephedrine) - After 12 weeks and limit to 48-72-hour use Saline nasal spray
Constipation	Fiber: Metamucil, Fibercon Stool softener: Colace (docusate sodium) Laxatives: Miralax, Milk of Magnesia
Diarrhea	Immodium (loperamide)
Gas/flatus	Mylanta Gas-X (simethicone)
Headache	Tylenol (acetaminophen)
Heartburn/indigestion	Tums Maalox Mylanta Pepcid Cimetidine <i>Avoid Alka-Seltzer or Pepto Bismol</i>
Herpes outbreaks	Domeboro soaks or sitz baths Discuss a prescription medication with your doctor
Insomnia	Unisom (doxylamine) Benadryl (diphenhydramine)

Nausea	Emetrol Vitamin B6 (take 25 milligrams three times per day) Unisom (doxylamine) 25 milligrams at bedtime Sea bands (acupressure wrist bands) Avoid Alka-Seltzer or Pepto Bismol
Sore throat	Cepacol lozenges, salt-water gargles
Skin irritation/itching	Calamine lotion or caladryl Corticaine, Lanacort or hydrocortisone 1% (all topical) Neosporin

AVOID IBUPROFEN (MOTRIN/ADVIL), NAPROXEN (ALEVE), ALKA-SELTZER, PEPTO-BISMOL. Never take any form of accutane (oral acne medication). Avoid any megadose vitamins, especially those containing high concentrations of vitamin A.