



SAFE MEDICATIONS

While these medications/procedures are generally considered safe in pregnancy, it is important to discuss them with your pre-natal doctor before taking, and always follow the guidelines on the label. Only take them in the prescribed quantities.

- ◇ Antacids:
 - Maalox
 - Mylanta

- Nexium
- Pepcid
- Prevacid
- Prilosec OTC
- Rolaids
- Tums
- Zantac

◇ Antibiotics:

- Amoxicillin
- Ampicillin
- Augmentin
- Biaxin
- Ceclor
- E-Mycin
- Macrobid (Macrochantin)
- Metronidazole (Flagyl)
- Penicillin
- Zithromax

◇ Anti-yeast:

- Gynelotrimin

- Monistat
- Mycelex
- Terazol

◇ Cold & Allergy:

- Afrin nasal spray (saline only)
- Allegra
- Benadryl
- Chlortrimetron
- Claritin, Claritin D
- Dimetapp
- Flonase/Beconase
- Mucinex
- Robitussin Cough Syrup – DM
- Throat Lozenges
- Zyrtec

◇ Constipation

- Citrucil
- Colace (Docusate)
- Fibercon Tablet
- Metamucil

- Milk of Magnesia
- Miralax

◇ Diarrhea

- Imodium
- Kaopectate
- Lomotil

◇ Hemorrhoids

- Anusol
- Preparation H
- Tucks

◇ Pain

- Tylenol
- Tylenol Extra Strength
- Tylenol Sinus
- Tylenol #3

◇ Sleep

- Ambien
- Tylenol PM

- Unisom

◇ Topical Agents

- Calamine Lotion
- Cortaid Cream
- Hydrocortisone Cream
- Neosporin Ointment

◇ Miscellaneous

- Bug Spray w/ DEET
- Emetrol
- Flu Shot
- Hair Color
- Manicures
- Pedicures
- Perms
- Unisom w/ B6 for nausea
- Sunscreen
- TB Skin Test