



Women's Care

Medications Considered Safe During Pregnancy

Condition	Medication
Allergies (Hayfever, sneezing, runny nose, itchy watery eyes)	Benadryl, Claritin D, Zyrtec, Tylenol Allergy/Sinus
Constipation	Metamucil, Citrucil, Fibercon, Colace, Pericolace, Ducolax, Milk of Magnesia, Miralax (short term use)
Cough & Cold	Robitussin, Robitussin DM, Dextromethorphan, Tylenol Cold, Sudafed/Actifed, Triaminic, Mucinex, Vicks Vapor Rub
Diarrhea	Kaopectate, Imodium (not first trimester); PeptoBismol (only first half of pregnancy); Lomotil (not first trimester)
Gas Pains	Gas-X, Maalox Anti-Gas, Mylanta Gas, Mylicon
Headache	Plain Tylenol, Extra Strength Tylenol
Heartburn or Indigestion	Maalox, Mylanta, Rolaids, Tums, Zantac, Pepcid
Hemorrhoids	Preparation H, Anusol, Tucks pads, Witch hazel
Insomnia	Benadryl, Tylenol PM, Unisom Nighttime Sleep-Aid
Motion sickness	Dramamine
Nasal congestion	Saline nasal rinses/spray (Ocean Mist), Sudafed
Nausea	Vitamin B6-25 mg three times daily, Unisom 12.5 mg 3-4 times daily, Ginger, Ginger lollipops
Rash	Caladryl lotion, Hydrocortisone 1% cream, Benadryl cream, Oatmeal bath
Sore Throat	Halls Drops, Cepacol or other similar cough drops, Chloraseptic spray
Yeast infection	Monistat or Clotrimazole cream, Mycelex, Gyne-Lotrimin

Please follow the instructions on the package for appropriate dose.

**Thanks for choosing Hutch Clinic Women's Care to help welcome your new baby.
For appointments, call 620-669-2578.**