

South Florida Women's Care  
Obstetrics & Gynecology



## SAFE MEDICATIONS IN PREGNANCY

Please note that no drug can be considered 100% safe to use during pregnancy. The following is a list of over the counter (OTC) medications that are safe for you to use during your pregnancy. While the FDA has shown many of the medications on this list to be safe, you should always ask your doctor about any medications you are about to take. Your situation and possible complications may be different. If you are on any medications or would like to take a medication not on this list, check with your doctor to make sure it is safe.

Acne: Benzoyl Peroxide

Allergies: Benadryl 25 mg every 6 to 8 hours  
Claritin 10 mg. daily. **Do NOT use Claritin D**  
Zyrtec 10 mg. daily. **Do NOT use Zyrtec D**

Back Pain: Tylenol (Acetaminophen), regular or extra strength. Take as directed on the bottle.  
**Do NOT use ibuprofen, Aleve, Advil or Motrin**

Cold and Flu: Tylenol (acetaminophen), regular or extra strength  
Vicks VapoDrops Cough Relief  
Halls Mentho-Lyptus Cough Suppressant  
Cepacol  
Throat lozenges/Cough drops  
Vitamin C. 500 mg. Take once daily  
Saline nasal drops  
**Do NOT use pseudoephedrine and phenylephrine**

Cough: Robitussin (guaifenesin)  
Robitussin DM  
Mucinex

Constipation: Benefiber  
Docusate Sodium. Colace, Pericolace or Dulcolax. 100mg. One tablet 2 – 3 times a day  
Metamucil. Use as directed  
Milk of Magnesia. Use as directed

Diarrhea: \*Call the office to assess your condition and/or if you have no improvement over 24 hours  
Imodium. Liquid or capsules as directed on the box

Gas: Gas-X Thin Strips, Softgels or Ultra Strength Chewable. Use as directed. Do not exceed 6 tablets in 24 hours  
Mylicon (simethicone) 80mg. One tablet after meals and bedtime

Headache: Tylenol (acetaminophen), regular or extra strength. Take as directed on the bottle.  
**Do NOT use ibuprofen, Aleve, Advil or Motrin**  
Excedrin Tension Headache (**aspirin free**)

Heartburn: Tums Regular, EX or Ultra. One to two tablets at bedtime. Do not exceed 8 per day  
Mylanta or Maalox. As directed on bottle  
\*If the above medications do not help consult with the doctor

Hemorrhoids: Tucks Medicated Cooling Pads  
Witch Hazel  
Hemorrhoid creams, ointments or suppositories. Preparation H, Anusol/Anusol H.C.

Insomnia: Benadryl (diphenhydramine) 25 – 50 mg. One hour before bedtime  
Dramamine (dimenhydrinate)  
Tylenol P.M.

Nausea: Sea bands  
Ginger  
Vitamin B6. 50 mg. One tablet 2 times a day  
Dramamine (dimenhydrinate). Take as directed. Do not take more than 8 tablets in 24 hours

Yeast Infection: Avoid 1 Day Creams  
Clotrimazol 7  
Monistat 7



| SYMPTOM              | HELPFUL HINTS  | SYMPTOM                     | HELPFUL HINTS   |
|----------------------|--|-----------------------------|---|
| BACK PAIN            | Pillows (knees, back, abdomen)<br>Support belt such as Mom-EZ  | HEARTBURN OR<br>INDIGESTION | Small, frequent meals.<br><br>Avoid spicy or fried foods.   |
| COLD/FLU/COUGH       | Increase water intake<br><br>It is very important to stay well hydrated  | HEMORRHOIDS                 | Good fiber intake<br><br>Avoid constipation and excess straining during bowel movement<br><br>Warm sitz bath (soaking in a tub of warm water) |
| CONSTIPATION         | Increase fluids (water and juice)<br><br>Powdered bran, bran cereals, prunes, prune juice<br><br>Increase roughage (fruits and leafy vegetables)<br><br>Increase physical activity | NAUSEA                      | Small, frequent meals<br><br>Plain crackers before getting out of bed<br><br>Ginger ale   |
| DIARRHEA             | Avoid milk or milk products<br><br>Drink clear liquids until diarrhea stops (broth, apple juice)<br><br>B.R.A.T.T. DIET (Bananas, Rice, Apple sauce, Toast, Tea)                   | SINUS/ALLERGIES             | Increase water intake<br><br>This will help thin the drainage for quicker relief  |
| GAS                  | Avoid spicy or fried foods   | SLEEP AID                   | Warm (not hot) shower, warm decaffeinated tea   |
| HEADACHE OR MIGRAINE | Rest in dark room<br><br>Massage neck and shoulders<br><br>Cold compresses   | SORE THROAT                 | Decaffeinated Hot Tea (Honey)   |

