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Approved Medication List for Pregnancy

Cold or Sinus (** avoid medications with decongestants)

- Benadryl (Generic: Diphenhydramine)
- **Claritin (Generic: Loratadine)
- Cough drops
- Flonase
- Mucinex (Generic: Guaifenesin, plain)
- Nasal spray or nasal rinse (saline solution)
- **Zyrtec (Generic: Cetirizine)

Cough & Sore Throat

- Chloraseptic Spray
- Cough drops
- Robitussin (**No DM**)
- Warm Salty Gargles

Constipation

- Colace: 100mg twice a day
- Dulcolax
- Fiber (Powder, Tablets or Gummies)
- Milk of Mag
- Miralax
- Senna-Plus

Covid and Flu

- Please call the office if you have tested positive for COVID or Flu.

Diarrhea

- Imodium
- Lomotil

First Aid Ointments

- Neosporin

Headache/Pain

- Tylenol: 500mg - 1000mg every 6 hours as needed

Indigestion

- Mylanta (Generic: Calcium carbonate/Magnesium carbonate)
- Pepcid (Generic: Famotidine)
- Tums: up to 6 tablets per day

Nausea

- Dramamine
- Ginger Capsules
- Vitamin B6 + Doxylamine (Unisom Sleep Tablets)
 - Take 25 mg of B6 three times a day and take Doxylamine once at night.

Sleep

- Benadryl
- Tylenol PM
- Melatonin
- Unisom Sleep Tabs (only with active ingredient of Doxylamine Succinate)

Prenatal Vitamins

- You may take any form of a prenatal vitamin (gummy, tablet, capsule) as long as it has Folic Acid

**Please call the office if you have any questions or concerns regarding medications that are safe to take while pregnant.*