

MEDICATIONS DURING PREGNANCY

Nausea

B-6 Vitamins, 25mg 3 times a day, increase to 50mg 3 x per day
Dramamine (Non-sedating or regular)
Unisom 1/2 tablet at bedtime (may use w/B-6)
Seabands

Cold & Allergies

Chlortrimeton
Robitussin DM
Sudafed (only in 2nd or 3rd trimester)
Benadryl 25mg
Mucinex or Mucinex DM
Saline nasal spray
Claritin (over the counter)

Heartburn / Gas *(Works for both)

Mylanta
*Rolaids
*Maalox
Tums
Gaviscon
Zantac (over-the-counter)
Pepcid
Gas-X
Phazyme
Bean-0

Headaches / Aches, Pain

Tylenol (Regular - 2 every 4 hours) (Extra-strength 2 every 6 hours)

Constipation

Colace
Over-the-counter fiber supplements, i.e. Metamucil, BeneFiber, etc.

Diarrhea

Imodium AD
Prescription Medications:

If you are currently taking a prescription drug, talk with your doctor. He or she will determine if the medication is appropriate for use during pregnancy.