

## Medications that are Safe to Use during Pregnancy and Breastfeeding

This is a list of over-the-counter medications that can be safely taken while pregnant and breast feeding. They can be taken as directed on the bottle or label. Generic equivalents of the listed medications are also safe. **If any of the below symptoms persist for more than one week, please contact your individual physician.**

### Common cold, cough, head congestion:

Robitussin	Sudafed	Guaifenesin
Tylenol	Pseudoephedrine	Dextromethorphan
Robitussin DM	Claritin	Sudafed Cold & Cough
Actifed	Chlorpheniramine	Ocean Mist Nasal Spray
Benadryl	Chlor-Trimeton	VICKS Vapor Rub
Chloraseptic	Mucinex	Any Throat Lozenge

### Allergies:

Claritin	Benedryl	Visine-A
Loratadine	Naphazoline Eye Drops	Clear Eyes

### Stool Softeners:

Colace	Metamucil	Milk of Magnesia
Surfak	Fibercon	Docusate Sodium

### Hemorrhoids:

Tucks Wipes	Preparation H	Anusol/Anusol HC
-------------	---------------	------------------

### Heartburn/Indigestion:

Mylanta	Roloids	Zantac
Tums	Pepcid	Ranitidine
Maalox	Prilosec	

### Headache/Back Pain:

Tylenol	Extra Strength Tylenol
Acetaminophen	Tylenol PM

### Diarrhea:

Kaopectate

### Skin Rashes And Topicals:

Aveeno	A & D Ointment
Neosporin	Lanolin
Caladryl	Nix/Rid-for head lice
1% Hydrocortisone	Self Tanner

### Yeast Infections:

Monistat	Gyne-Lotrimin
Miconazole	Clotrimazole

**What about antibiotics prescribed by my dentist or my other doctors?** There are many antibiotics that are safe to use in pregnancy: Amoxicillin, Penicillin, Augmentin, Cephalexin, Keflex, Clindamycin, Z-pack, Azithromycin, Erythromycin, Macrobid. If an antibiotic you have been prescribed is not on this list, please call to ask us.