



Medications that are SAFE in Pregnancy

Heartburn:

Gas-X
Gaviscon
Mylicon
Mylanta
Maalox
Pepcid
Tums

Constipation:

PO fluids and high fiber diet
Citrucel
Colace
Fibercon tablets
Metamucil
Milk of Magnesia
Senokot
Miralax

Diarrhea:

Imodium
Kapectate ** NO PEPTO-BISMOL

Cold/Allergy:

Robitussen (DM or Expectorant)
Mucinex
Flonase
Claritin
Benadryl
Cough Drops/Cepacol
Drixoral
Chloraseptic Spray
Zyrtec

Skin:

1% Hydrocortisone cream for rash/itching
Benadryl Cream

Pain:

Tylenol

While these medications are considered safe in pregnancy, Please ask your provider if you have other health concerns or possible allergic reactions.

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