



ADVANCED WOMEN'S HEALTHCARE OF WAXAHACHIE

*Medications that are considered
safe during pregnancy:*

- *Headaches/Pain:*
 - Tylenol
 - Tylenol PM
 - **AVOID IBUPROFEN FOR THE DURATION OF YOUR PREGNANCY**
- *Allergies/Sinus:*
 - Benadryl
 - Tylenol Severe Allergy or Sore Throat
 - Sudafed
 - Mucinex (Plain)
 - **AVOID PRODUCTS WITH PHENYLEPHRINE (Examples: Tylenol Cold or Tylenol Head Congestion)**
 - After the 1st trimester
 - Claritin (regular or D)
 - Zyrtec (regular or D)
 - Tylenol Chest Congestion
- *Cough:*
 - Robitussin DM in limited amounts
 - Menthol cough drops
 - Vapor Rub
- *Sore throat:*
 - Chloraseptic spray
 - Cepacol lozenges
 - Tylenol Sore Throat
- *Heartburn:*
 - Maalox/Mylanta
 - Pepcid/Zantac/Prilosec/Nexium
 - Tums
- *Hemorrhoids:*
 - Prep H/Anusol
 - Tucks Pads
- *Constipation:*
 - Colace/Surfak
 - Docolax Stool softner
 - Citrucel/Metamucil
 - Milk of Magnesia
 - Miralax
- *Diarrhea:*
 - Imodium/Kaopectate
- *Nausea/Vomiting:*
 - Unisom
 - Vitamin B6
 - Emetrol
 - Ginger
- *Yeast Infection:*
 - Monistat OTC 7 day treatment