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MEDICATIONS THAT ARE SAFE TO TAKE IN PREGNANCY AND BREASTFEEDING

- COLD OR SINUS:** Actifed, Sudafed, Benadryl, Sinutab no drowsiness, Chlor-Trimeton, Tylenol cold, Mucinex, Mucinex DM, Afrin Nasal spray, cough drops, vaporizers, saline spray, Claritin, Zyrtec, Robitussin
- COUGH:** Robitussin DM or CF, Benadryl, Vicks Formula 44D and Halls, Mucinex
- HEADACHE:** Regular or extra strength Tylenol, Excedrin TENSION, NO MOTRIN or ASPIRIN
- CONSTIPATION:** As Directed on package for daily use: Miralax, Colace, Metamucil, Fibercon, Milk of Magnesia, Senekot
- As Directed on package for severe constipation relief: Magnesium Citrate, Fleets enema
- INDIGESTION:** Maalox, Mylanta, Tums, Tagamet HB, Pepcid AC
- NAUSEA/VOMITING:** Emetrol, Vitamin B 100mg daily, Vitamin B6 25 mg three times a day
- Unisom Sleep Tabs (Sleep Tabs are different, the Gels are Benadryl), Benadryl
- DIARRHEA:** Kaopectate, Immodium AD
- SKIN RASH:** Calamine, Caladryl, Benadryl, Cortaide, Hydrocortisone cream
- HEMORRHOIDS:** Preparation H, Tucks, Anusol
- VAGINAL ITCHING:** Monistat (over the counter)

References: What to expect when expecting: Arlene Eisenberg, Heidi Eisenberg Murkoff, Sandee Eisenberg Hathaway, RN, BSN Nursing your baby beyond the first day: Sarah Danner