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**MEDICATIONS THAT ARE SAFE TO TAKE IN PREGNANCY AND BREASTFEEDING**

**COLD/FLU/SINUS:** \* Actifed, Sudafed, Benadryl, Sinutab no drowsiness, Chlor-Trimeton, Tylenol cold day or night, Mucinex, Mucinex DM, Afrin Nasal spray, cough drops, vaporizers, saline spray, Flonase, Claritin, Zyrtec, Robitussin DM day or night, Robitussin Severe Multi-Symptom day or night \*No Sudafed (Pseudoephedrine) in breastfeeding

**COUGH:** Robitussin DM or CF day or night, Delsym day or night, Benadryl, Vicks Formula 44D and Halls, Mucinex \*No Sudafed (Pseudoephedrine) in breastfeeding

**HEADACHE:** Regular or extra strength Tylenol, Excedrin TENSION, NO MOTRIN or ASPIRIN

**CONSTIPATION:** 80-100 oz of water a day, physical activity, increase fiber in diet

As Directed on package for daily use: Miralax, Docusate sodium (Colace), Metamucil, Fibercon, Milk of Magnesia, Senekot, Docusate calcium (Surfak)

As Directed on package for severe constipation relief: Magnesium Citrate, Fleets enema

**INDIGESTION:** Maalox, Mylanta, Tums, Tagamet HB, Pepcid AC, Prilosec, Prevacid

**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 (Witch Hazel) Pads, 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