



OB/GYNE

Associates of Lake Forest, Ltd.

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MEDICATIONS THAT CAN BE TAKEN DURING PREGNANCY

Over the Counter Medications

1. **Headaches/Generalized Pain:** Tylenol (Acetaminophen)
2. **Cold/Flu Symptoms:** Sudafed (pseudoephedrine,) ok in 1st and 2nd trimesters, fine in 3rd trimester with normal blood pressure); Robitussin , Mucinex (guaifenesin).
OK to use products which combine the above 3 as well.
3. **Sore throats:** Cepacol lozenges (benzocaine and menthol), Halls lozenges, Luden's, Sucrets
4. **Heartburn or indigestion:** Maalox, Mylanta, Gaviscon (aluminum magnesium), Tums (calcium carbonate), Pepcid AC (famotidine), Tagamet OTC (cimetidine), Zantac, Prilosec (omeprazole), Prevacid.
5. **Constipation:** Milk of Magnesium, Citracel, Colace (docusate), MiraLax (polyethylene glycol)
6. **Rash/Hemorrhoids:** 1% hydrocortisone cream/ointment
7. **Sleep-aid:** Benadryl (diphenhydramine), Tylenol PM, Unisom
8. **Leg Cramps:** Slow release magnesium, tonic water
9. **Diarrhea:** Immodium (loperamide)
10. **Allergy Symptoms:** Zyrtec (cetirizine), Claritin (loratadine), Buffered saline drops or irrigation fluid.

Commonly Used Prescription Medication That can be continued during pregnancy

1. Asthma medication including aerosolized steroids
2. Skin therapies for chronic issues like eczema, psoriasis, acne, (unless they contain retinols)
3. Anti-depressants