

## Safe Medications – List #1

### SAFE MEDICATIONS

#### COMMON COLDS

- Afrin® nasal spray
- Saline spray
- Robitussin® (sugar free for diabetes)
- Actifed®
- Chlor-Trimeton® (for hypertension)
- Delsyrn®
- Dimacol® Capsules
- Formula 44®
- Mucinex DM®
- Sinex® decongestant nasal spray
- Sudafed® (do NOT use if hypertension)
- Tussin® diabetic formula
- Throat lozenges
- Triaminic® diabetic cough formula
- Triaminicol® decongestant cough syrup
- Tylenol® cold formula or sinus formula
- Vicks®

#### NAUSEA & VOMITING

- Ginger capsules 340 mg, 3 times per day
- Vitamin B6 25 mg tab, 3 times per day
- Unisom® 25 mg tab. Can be cut in half and taken 1/2 tab 3 times per day
- Unisom® 25 mg at night
- Relief Band® wrist band

#### CONSTIPATION

Increase oral fluid & fiber intake (bran, green leafy vegetables, apples)

- Colace®
- Dulcolax® tablets & suppositories
- Metamucil®
- Milk of Magnesia®

#### PAIN

- Tylenol®

#### FLATULENCE

- Mylicon®
- Gas-X®

#### HEARTBURN

- Maalox®
- Milk of Magnesia®
- Mylanta® Liquid & tablets
- Tums®—up to 6 per day

- Zantac®
- Pepcid®

### **ITCHING**

- Benadryl®
- Topical Caladryl® lotion
- Aveeno® bath salts

### **TOPICAL YEAST SKIN**

- Monistat® cream
- Mycostatin® powder
- Nystatin® powder

### **VAGINAL YEAST**

- Monistat® 5 day formula
- Gyne-Lotrimin®

### **HEMORRHOIDS**

- Anusol HC®
- Anusol® Suppositories & ointment
- Tucks® pads

### **SINUS ALLERGIES**

- Claritin® (Not Claritin-D)
- Benadryl®
- Zyrtec® (Not Zyrtec-D)

## **LIST #2**

## **Over-the-Counter Medications Safe to Take During Pregnancy**

### **Pain Relief**

- Tylenol or acetaminophen (plain/extra strength) is OK for mild discomfort
- Do not take aspirin (Anacin, Bayer) or ibuprofen (Advil, Motrin)

### **Medicine for Digestive Upsets**

- Antacids (Tums, Roloids, Mylanta, Maalox, Pepcid, Prevacid)
- Simethicone (Gas-X, Mylicon for gas pain, Gaviscon)
- Immodium or BRAT diet (bananas, rice, applesauce, toast or tea) for diarrhea

### **Medicine for Coughs/Colds**

- Guaifenesin (Robitussin®)
- Guaifenesin plus dextromethorphan (Robitussin-DM®)
- Cough drops

- Vicks VapoRub®
- Acetaminophen

## Allergy Relief

- Tylenol or acetaminophen (plain/extra strength) is OK
- Chlorpheniramine antihistamine alone (chlor-Trimetron)
- Benadryl tablets
- Saline nasal spray
- Neti-pot or sinus rinse
- Claritin, Zyrtec, Allegra

## Options for Constipation

- Fiber can be used regularly (Metamucil®, MiraLax®, Citrucel®, BeneFiber®)
- Laxatives can be used occasionally (Colace®, Dulcolax®)
- Tucks for hemorrhoids
- Mix of Prune juice, OJ, 7-UP® – equal parts