

Medication List for Pregnancy

Now that you are pregnant, you may be wondering about what medications are safe to use. If you become ill and require medication, you must take something that is safe to use during pregnancy. The following is a list of medications that we feel are safe for you to use during pregnancy. If you are currently on any medications or would like to take a medication not on this list, check with an OB Provider to make sure it is safe. The flu shot is safe and recommended during pregnancy. Check with a provider before receiving any other vaccinations.

Medication	Dose	Uses
Tylenol	1-2 tablets every 3-4 hours	Headache, fever, pain
	(Do not exceed 3 grams total in 24 hours)	
Actifed	1-2 tablets every 4-6 hours	Stuffy, runny nose, sinus
Sudafed	1-2 tablets every 4-6 hours	Stuffy nose, sinus
Robitussin	1-2 teaspoon every 4-6 hours	Cough
Cepacol lozenges	As directed	Sore throat
Mylanta	2-4 tsp between meals & bedtime	Heartburn, indigestion
Maalox	2-4 tsp between meals & bedtime	Heartburn, indigestion
Rolaids	As directed	Heartburn, indigestion
Tums	As directed	Heartburn, indigestion
Zantac	150mg at bedtime	Heartburn, indigestion
Milk of Magnesia	1-2 teaspoon at bedtime	Constipation
Metamucil	2 tbsp in 8oz fluid twice daily	Constipation
Dibucaine Ointment	As directed	Hemorrhoids
Preparation H	As directed	Hemorrhoids
Emetrol	1-2tbsp every 15mins until vomiting stops	Nausea, vomiting
Kaopectate	As directed	Diarrhea
Benadryl	As directed	Allergies
Clotrimazole (Monistat 7)	As directed	Vaginal yeast infection