



Medication List for Pregnancy

Our first recommendation is to try to avoid all forms of medication. However, if you are ill, these medications are safe to use during pregnancy. If you are currently on medications or want to use a medication not listed above, please check with your medical provider to make sure it is safe.

- ✓ The Flu vaccine is safe and recommended during pregnancy. Please check with your medical provider regarding all other vaccines.
- ✓ EVERY pregnant woman should take a Prenatal Vitamin with at least 800 mcg of Folic Acid DAILY.

Medication	Dose	Uses
Tylenol (Acetaminophen)	1-2 tablets every 3-4 hours	Headache, fever, pain
Actifed	1-2 tablets every 4-6 hours	Stuffy, runny nose or sinus
Sudafed	1-2 tablets every 4-6 hours	Stuffy nose, sinus
Robitussin	1-2 teaspoons 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 tsp at bedtime	Constipation
Metamucil	2 tbsp. In 8oz fluid twice daily	Constipation
Dibucaine ointment	As directed	Hemorrhoids
Preparation H	As directed	Hemorrhoids
Emetrol	1-2 tbsp. every 15 minutes until vomiting stops	Nausea, vomiting
Vitamin B6	50mg 1-3 daily	Nausea, vomiting
Kaopectate	As directed	Diarrhea
Benadryl	As directed	Allergies
Claritin (Loratadine)	10mg daily	Allergies
Clotrimazole (Mycelex)	As directed	Vaginal yeast infection

