

List of Approved Medications after the First Trimester

*****Try to limit medication use as much as possible during pregnancy, especially during the first trimester**

Pain Medications

Tylenol or generic acetaminophen (2 extra strength tablets every 8 hours as needed)

Tylenol PM

Avoid aspirin or ibuprofen containing products

Cold Medications

Pseudoephedrine (for congestion)

Chlortrimeton (for sneezing, runny nose)

Benadryl (for allergies or sleep)

Claritin, Zyrtec, Allegra (for allergies)

Robitussin cough syrup

Mucinex (for cough)

Chloraseptic throat spray

Hall's lozenges

Stomach Medications

Maalox

Mylanta

Zantac, Pepcid (for heartburn)

Imodium (for diarrhea)

Colace (for constipation)

Miralax (for constipation)

Milk of Magnesia (for constipation)

Emetrol (for nausea)

Hemorrhoid ointments such as Tucks, Anusol

For Nausea and Vomiting during pregnancy:

Eat small frequent meals. Avoid spicy or greasy foods. You may try Vitamin B6, 25 mg taken by mouth three times a day. Add a Unisom (an over the counter sleep aid) at night or twice daily to help as well. Ginger supplements may help. You may take up to 1 gram daily. If the nausea and vomiting is severe, please notify your provider. Prescription medications may be provided if the over the counter agents have failed.