

It is important to pay special attention to medications you take while you are pregnant, especially during the first trimester, a critical time in development for your baby. Unless otherwise noted, the following medications have no known harmful effects during pregnancy when taken according to the package directions. However, no drug can be considered 100% safe. If you wish to learn more about the safety of any medication please contact your healthcare (OB) provider or pharmacist. Your healthcare provider will consider the benefits and risks and make recommendations for your specific needs and particular situation to ensure you and your baby's health.

SYMPTOM	MEDICATION
<b>Cough</b>	<ul style="list-style-type: none"> <li>• Robitussin Regular</li> <li>• Robitussin DM</li> </ul>
<b>Headache or Fever</b>	<ul style="list-style-type: none"> <li>• Tylenol (acetaminophen)</li> <li>• Tylenol PM</li> <li>• Extra Strength Tylenol</li> </ul>
<b>Muscle Aches/Pain</b>	<ul style="list-style-type: none"> <li>• Bengay, or Icy Hot</li> </ul>
<b>Cold &amp; Flu</b>  <b>DO NOT TAKE (NSAIDS)</b> <b>Nonsteroidal Anti-inflammatory Drugs.</b> <b>NSAIDS may affect the developing fetal heart.</b>	<ul style="list-style-type: none"> <li>• See Headache or Fever</li> <li>• <b>DO NOT take: Advil, Nuprin, Motrin, Aleve, Midol, and Naprosyn.</b> Discuss these with your provider.</li> <li>• <b>do not take Tylenol "SA" (Sustained Action) or any "Multi-Symptoms" forms</b></li> </ul>
<b>Allergy symptoms, (hay fever, sneezing, runny nose, itchy watery eyes)</b>	<ul style="list-style-type: none"> <li>• Benadryl, or Claritin</li> <li>• Chlor-Trimeton</li> <li>• Alavert</li> <li>• Tavist ND Allergy</li> </ul>
<b>Itch or Rash</b>	<ul style="list-style-type: none"> <li>• Hydrocortisone cream or ointment</li> <li>• Benadryl cream</li> <li>• Oatmeal bath (Aveeno)</li> </ul>
<b>Heartburn</b>	<ul style="list-style-type: none"> <li>• Maalox, or Mylanta</li> <li>• Tums or Rolaids</li> <li>• Pepcid, or Zantac</li> </ul>
<b>Sore Throat</b>	<ul style="list-style-type: none"> <li>• Mix 1 tsp salt in 8oz glass of warm water and gargle</li> <li>• Chloraseptic Throat Spray</li> <li>• Halls Throat Lozenges</li> </ul>
<b>Minor Cuts &amp; Scrapes</b>	<ul style="list-style-type: none"> <li>• Bacitracin, Neosporin, or Polysporin First Aid ointment</li> </ul>

**Should any of the above symptoms persist for longer than 2 days, contact your healthcare (OB) provider.**

SYMPTOM	MEDICATION
<b>Nasal Congestion</b>	<ul style="list-style-type: none"> <li>• <b>Sudafed (DO NOT use in 1st trimester); One pill 3 times per day</b></li> <li>• <b>Actifed Cold and Allergy (DO NOT use in 1st trimester)</b></li> <li>• <b>Actifed Cold and Sinus (DO NOT use in 1st trimester)</b></li> <li>• Saline nasal drops or spray</li> </ul>
<b>Gas</b>	<ul style="list-style-type: none"> <li>• Mylanta, or Gas X</li> <li>• Mylicon, or Phazyme</li> </ul>
<b>Nausea</b>	<ul style="list-style-type: none"> <li>• Ginger</li> <li>• Morning Sickness Magic</li> <li>• Unisom, or Dramamine</li> <li>• Vitamin B6 (pyridoxine)</li> </ul>
<b>Hemorrhoids</b>	<ul style="list-style-type: none"> <li>• Tucks</li> <li>• Anusol</li> <li>• Preparation H</li> </ul>
<b>Insomnia</b>	<ul style="list-style-type: none"> <li>• Benadryl</li> <li>• Tylenol PM</li> <li>• Unisom</li> </ul>
<b>Diarrhea</b>	<ul style="list-style-type: none"> <li>• Imodium A-D</li> <li>• Kaopectate</li> <li>• Pepto Diarrhea Control</li> </ul>
<b>Constipation</b>	<ul style="list-style-type: none"> <li>• Metamucil</li> <li>• Citrucil</li> <li>• Colace, Dulcolax, or Senekot</li> <li>• Milk of Magnesia</li> </ul>
<b>Yeast Infection</b>	<ul style="list-style-type: none"> <li>• Gyne-Lotrimin</li> <li>• Mycelex</li> <li>• Vagistat</li> <li>• Monistat 3</li> <li>• Monistat 7</li> </ul>

**Remember to tell your provider about all the medications you take, including prescription and over-the-counter, vitamins, and herbal supplements.**

NOTE: The content provided is intended for educational purposes only. It is not to be considered medical advice. Please consult with your healthcare provider for additional information and/or appropriate care.