

## Medicine and Pregnancy: What is safe?

If possible, avoid medication before 12th week of pregnancy, but if your symptoms are severe. This lists safe options. Generics are ok.

### If you have...

#### Allergies/Runny nose

- Benadryl (diphenhydramine), Tavist (Clemastine), Chlor-Phen (Chlorpheniramine) **\*Avoid driving\***
- Claritin (Loratidine), Zyrtec (Cetirizine), Allegra (Fexofenadine)
- Saline Nasal spray

#### Cold, Cough & Congestion

- Sudafed (Pseudoephedrine), Sudafed PE (Phenylephrine) **\*\*AVOID if you have high blood pressure\*\***
- Actifed (Phenylephrine/Chlorpheniramine)
- Afrin: limit use to 3 days only
- Mucinex or Robitussin DM or CF (Guaifenesin)
- Halls lozenges
- Vicks Vaporub
- Tylenol cough/cold/sinus

#### Fever/Headache/Pain

- Tylenol regular or extra strength (Do not exceed 4000mg in 24 hours)

#### Constipation/Hemorrhoids

- Fiber supplements, Metamucil, Fibercon
- Colace (docusate sodium), stool softener, Peri-colace
- Tucks/witch hazel pads
- Preparation-H

#### Heartburn

- Tums, Roloids
- Mylanta, Maalox
- Zantac (Ranitidine), Pepcid (Famotidine)
- Prilosec (omeprazole), Prevacid (Lansoprazole)



#### **AVOID:**

**Motrin, Advil, Ibuprofen**

**Aleve, Naprosyn, Naproxen**

**Aspirin** (unless otherwise directed by your physician)

\*\*Ask your Platinum Women's Health & Wellness providers if you are unsure about any medications or supplements. \*\*