

Condition	Safe Medications to Take During Pregnancy*
Allergy	<p>Antihistamines including:</p> <p>Chlorpheniramine (Chlor-Trimeton, Efidac, Teldrin)</p> <p>Diphenhydramine (Benadryl)</p> <p>Loratadine (Alavert, Claritin, Loradamed, Tavist ND Allergy)</p> <p>Nasal spray oxymetazoline (Afrin, Neo-Synephrine) (Check with your doctor first.)</p> <p>Steroid nasal spray (Rhinocort) (Check with your doctor first.)</p>
Cold and Flu	<p>Robitussin (check which ones, some should not be use din 1st trimester), Trind-DM, Vicks Cough Syrup</p> <p>Saline nasal drops or spray</p> <p>Actifed, Dristan, Neosynephrine*, Sudafed (Check with your doctor first. Do not use in first trimester.)</p> <p>Tylenol (acetaminophen) or Tylenol Cold</p> <p>Warm salt/water gargle</p> <p>*Do not take "SA" (sustained action) forms or "Multi-Symptom" forms of these drugs.</p>
Constipation	<p>Citrucil</p> <p>Colace</p> <p>Fiberall/Fibercon</p> <p>Metamucil</p> <p>Milk of Magnesia</p> <p>Senekot</p>
Diarrhea	<p><i>For 24 hours, only after 12 weeks of pregnancy:</i></p> <p>Imodium</p> <p>Kaopectate</p> <p>Parepectolin</p>
First Aid Ointment	<p>Bacitracin</p> <p>J & J</p> <p>Neosporin</p>
Headache	<p>Tylenol (acetaminophen)</p>
Heartburn	<p>Gaviscon</p> <p>Maalox</p>

	<p>Mylanta</p> <p>Riopan</p> <p>Titralac</p> <p>TUMs</p>
Hemorrhoids	<p>Anusol</p> <p>Preparation H</p> <p>Tucks</p> <p>Witch hazel</p>
Nausea and Vomiting	<p>Emetrex</p> <p>Emetrol (if not diabetic)</p> <p>Sea bands</p> <p>Vitamin B6 (100 mg tablet)</p>
Rashes	<p>Benadryl cream</p> <p>Caladryl lotion or cream</p> <p>Hydrocortisone cream or ointment</p> <p>Oatmeal bath (Aveeno)</p>
Yeast Infection	<p>Monistat or Terazol</p> <p><i>Do not insert applicator too far</i></p>
<p>*Please Note: No drug can be considered 100% safe to use during pregnancy.</p> <p>*List taken from Webmd</p>	

With anything, contact your doctor to double check that what you are taking is safe.