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Alliance Ob/Gyn Group, LLC
Safe Medications for Common Problems in Pregnancy

We should know of all prescription, non-prescription and natural drugs you are taking. **We prefer you only take medications if absolutely necessary.** Some are quite dangerous in pregnancy. High levels of certain vitamins can even cause birth defects.

These Compounds Should Be Specifically Avoided

Aleve (Naproxen Sodium)
Aspirin (Acetylsalicylic Acid)
Ibuprofen, Advil, or Motrin (Ibuprofen)
Pepto-Bismol (Bismuth Subsalicylate)

Note: Very rarely have drugs specifically been studied on pregnant women for safety. Because of this, we have mostly anecdotal evidence of safety. The drugs listed above have the highest safety profile available. Generic medications with the same medication (s) are as safe and effective as the brand names listed.

Cold and Flu-like Symptoms/Allergies

Actifed Cold and Allergy (Pseudoephedrine and Tripolidine)
Benadryl (Diphenhydramine)
Robitussin CF (Guaifenesin, Pseudoephedrine, and Chlorpheniramine)
Saline Nasal Drops/Sprays/Rinses
Sudafed (Pseudoephedrine)
Tylenol Severe Allergy (Acetaminophen and Diphenhydramine)
Tylenol Allergy Sinus Daytime & Night time (Acetaminophen, Chlorpheniramine)
Theraflu Flu and Cough Night time Hot Liquid (Acetaminophen, Chlorpheniramine, Pseudoephedrine, and Dextromethorphan)
Theraflu Flu and Congestion Hot Liquid (Acetaminophen, Guaifenesin, Pseudoephedrine, and Dextromethorphan)

****It is safe and recommended to get the flu shot during flu season. The flu-mist nasal spray is not recommended or safe in pregnancy.***

Constipation (in order of increasing strength)

Some Prenatal Vitamins have a stool softener
Fiber (Metamucil, Fibercon, Citrucel) must take with increased fluids
Colace (Docusate Sodium)
Milk of Magnesia

Diarrhea

Imodium AD (Loperamide)
Kaopectate (Kaolin/Pectin)

Heartburn/Reflux

Maalox Antacid/Anti-gas (Aluminum & Magnesium Hydroxide and Simethicone)
Pepcid AC (Famotidine)
Tums (Calcium Carbonate)

Hemorrhoids

Anusol-HC (Cream and Suppositories)
Preparation H (Cream and Suppositories)
Tucks Pad (Witch Hazel)

Insomnia

Benadryl (Diphenhydramine)
Nytol Quick Caps (Diphenhydramine)
Tylenol PM (Diphenhydramine and Acetaminophen)

Nausea

Emetrol (Levulose,Glucose)
Vitamin B6 (Pyridoxine)