



MEDICATIONS THAT ARE SAFE TO TAKE IN PREGNANCY

Not all medications, supplements and herbal medicines are safe to take in pregnancy. Please consult with your provider about any herbal medications or medications that are not on the list below.



Heartburn or GI upset

For acid indigestion (Tums, Roloids, Mylanta, Maalox) • For gas pain (Gas X; Mylicon; Phazyme) • Pepcid AC

Cough

Robitussin DM
Cough drops
Vicks Vaporub
Honey

Sinus Congestion

Humidifiers
Chlortrimeton
Netti Pots
Nasal saline spray
Hot steamy showers
Warm fluids
Warm, moist compresses to cheeks and forehead

Pain and low grade fever

No ibuprofen/advil/motrin
Tylenol 1,000mg every 8 hours (regular or extra strength, no more than 3000 mg per day)

Allergies

Chlorpheniramine (Chlortrimeton)
Dexchlorpheniramine
Claritin
Zyrtec
Benadryl
Nasal saline spray

Constipation

8 glasses of water a day
Take a gentle walk every day
Fiber (Metamucil, Citrucel)—be sure to also drink lots of water with these or they won't work!
Natural Calm (magnesium supplement)
A bowl of grape nuts with warm prune juice, yum!
Kiwi fruit
Stool softener (Colace, Docusate Sodium)
Laxatives (Peri-Colace, Dulcolax)

Hemorrhoids

Tucks Pads
Preparation H with hydrocortisone
Witch Hazel
Cold compresses

Insect Bites

Plain calamine lotion
Non-medicated skin creams
OTC Hydrocortisone 1%
Benadryl

It is important to call our office at 802-862-7338 and speak with a triage nurse if you have a fever over 100.4 that is not going down with Tylenol, taken a full, or have a new rash.