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Medication During Pregnancy

Congratulations on your new pregnancy. Our wish is that your pregnancy is as special as you are. We have arranged this list of medications that you can take in your pregnancy for everyday aches and pains, or problems you run in to.

Please tape it to your medicine cabinet or put it in a safe place that is easily accessible to you. If there are any other medications, you want to take please contact the office to verify that it is safe in your pregnancy.

Headaches / Aches / Pain	Measures to Help with Nausea
Tylenol - Regular Strength	Vitamin B-6 100rng/ day
Tylenol - Extra Strength	1/2 Unisom, vit, B-6, 50mg AM 1/2 Unisom, vit b-6 50mg pm
	Sea Bands
	Dramamine
Colds / Flu / Allergies	Constipation
Tylenol Cold & Flu	Colace, 100mg 1-3 per day**
Tylenol Sinus	Fibercon
Tylenol Allergy	Metamucil
Benadryl	Citracil
Sudafed	Konysil
Actifed	
Saline Nasal Spray	
Cough	Indigestion
Dimatapp	Tums
Robitussin DM	Rolaids
Triaminic	Maalox
	Riopan
	Mylanta
	Zantac
	(**Not Pepto Bismol**)
Muscle Aches	
Ben-Gay	
Icy Hot	
("Not Aspercream**")	

Please be aware that some herbs in pregnancy can be very harmful to pregnancies. Please check with your doctor before taking anything not on this list. If any of these measures aren't helping after a week, please call the office at (602) 288-0777.