

# Medication List

Please discuss any prescription medication with your provider.

Over-the-counter medication considered SAFE IN PREGNANCY includes:

- **Pain & Fever:** (Please contact the office if you have a temperature of 100.4 or greater) Tylenol, Tylenol PM, Acetaminophen
- **Cough & Cold:** Tylenol, Saline nasal spray/rinse, Robitussin (NO ALCOHOL), Tylenol Cold & Sinus, Tylenol Cold & Flu
- **Allergies:** Claritin, Zyrtec, Benadryl
- **Constipation:** Metamucil, Docusate Sodium, Colace, Miralax, Milk of Magnesia
- **Gas:** Simethicone (GasX)
- **Heartburn:** TUMS, Zantac, Pepcid, Prilosec, Prevacid, Maalox, Mylanta
- **Hemorrhoids:** Preparation H, Anusol
- **Nausea & Vomiting:** Vitamin B6 (25mg up to 5 times daily), Emetrol, Pregnancy Suckers/Lozenges containing B6, Unisom, Ginger, Sea sickness bands, Stomach Ease Tea

Over-the-counter medication to AVOID IN PREGNANCY:

- × Aspirin, Advil, Motrin, Ibuprofen, Aleve, Naproxen Sodium, Laxatives, Alka Seltzer, Pepto Bismol.
- × Caffeine may be consumed in moderation (200mg per day), please see list of beverages with associated caffeine content or, for a more complete listing; <https://wilstar.com/caffeine/>
- × Avoid alcohol, tobacco, prolonged use of narcotics, and any illicit drugs.  
NOTE: If you are using any drugs or substances that are recognized as harmful to your baby, ask about strategies for quitting and approaches to lifestyle/behavior changes.