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## Medications Safe in Pregnancy

### Aches/ Pains/ Headache

Tylenol & Extra Strength  
Tylenol  
\*Avoid Motrin & Advil

### Hemorrhoids

Preparation H  
Witch hazel pads or ointment

### Allergies

Benadryl  
Claritin  
Zyrtec

### Nausea and Vomiting

Unisom + Vitamin B6  
- Morning & Afternoon- ½ tablet  
Unisom + 25mg Vitamin B6  
- Bedtime- 1 tablet Unisom +  
25mg Vitamin B6

### Colds/ Cough

Mucinex (plain)  
Robitussin  
Vicks  
Cough drops  
Sudafed

### Rashes

Benadryl cream  
Hydrocortisone  
Oatmeal baths

### Constipation

Colace  
Dulcolax  
Metamucil  
Miralax  
Senokot

### Sleep

Unisom  
Benadryl

### Diarrhea

Imodium

### Yeast Infections

Monistat

### First Aid

Bacitracin  
Neosporin

### Heartburn/ Reflux

Maalox  
Mylanta  
Pepcid & Pepcid Complete  
TUMS