

# Birth Care & Family Health Services

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3469 Harvest Drive • Gordonville, PA 17529

## MEDICATIONS THAT CAN BE USED DURING PREGNANCY

### Colds

Tylenol  
Panadol  
Drixoral  
Contac  
Actified  
Chlortrimeton (limited use)  
Benadryl (limited use)  
Sudafed Plus  
Neosynephrine Nasal Spray  
Salt Water Drops  
Ocean Nasal Spray  
Ayr Nasal Spray  
Cool Mist Vaporizer

### Cough

Robitussin DM

### Sore Throat

Cepacol  
Chloraseptic Spray  
Halls

### Headaches

Tylenol – Regular and Extra Strength  
NO Ibuprofen, Advil, Motrin, Naproxen, Nuprin,  
Aleve, Midol  
NO Aspirin

### Nausea

Emetrol  
Maalox  
Riopan  
Gaviscon  
Mylanta II tabs  
Tums  
Vitamin B6 25 mg 4x/day and Unisom Tab (Doxylamine Succinate) at bedtime  
Peppermint or Ginger tea and candy

### Heartburn

Maalox  
Tums  
Tagamet  
Zantac  
Pepcid  
Prevacid  
Nexium

### Constipation

Senekot  
Metamucil  
Milk of Magnesia  
Colace  
Fibercon  
Fiberall  
Citracel

### Hemorrhoids

Anusol HC  
Preparation H  
Tucks pads

### Diarrhea

Kaopectate  
Immodium AD

\*\* Please talk to us before using any herbal preparations since many are unsafe during pregnancy \*\*