



Medications that are Safe to Use during Pregnancy and Breastfeeding

This is a list of over-the-counter medications that can be safely taken while pregnant and breast feeding. They can be taken as directed on the bottle or label. Generic equivalents of the listed medications are also safe. If any of the below symptoms persist for more than one week, please contact your individual physician.

Common cold, cough, head congestion:

- Robitussin
- Tylenol
- Robitussin DM
- Actifed
- Benadryl
- Chloraseptic
- Sudafed
- Pseudoephedrine
- Claritin
- Chlorpheniramine
- Chlor-Trimeton
- Mucinex
- Guaifenesin
- Dextromethorphan
- Sudafed Cold & Cough
- Ocean Mist Nasal Spray
- VICKS Vapor Rub
- Any Throat Lozenge

Allergies:

- Claritin
- Loratadine
- Benedryl
- Naphazoline Eye Drops
- Vi sine-A
- Clear Eyes

Stool Softeners:

- Colace
- Surfak
- Metamucil
- Fibercon
- Milk of Magnesia
- Docusate Sodium

Hemorrhoids:

- Tucks Wipes
- Preparation H
- Anusoll Anusol HC

Heartburn/Indigestion:

- Mylanta
- Turns
- Maalox
- Roloids
- Pepcid
- Prilosec
- Zantac
- Ranitidine

Headache/Back Pain:

- Tylenol
- Acetaminophen
- Extra Strength Tylenol
- Tylenol PM

Diarrhea:

- Kaopectate

Skin Rashes And Topicals:

- Aveeno
- Neosporin
- Caladryl
- 1 % Hydrocortisone
- A & D Ointment
- Lanolin
- NixlRid-for head lice
- Self Tanner

Yeast Infections:

- Monistat
- Miconazole
- Gyne-Lotrimin
- Clotrimazole

What about antibiotics prescribed by my dentist or my other doctors? There are many antibiotics that are safe to use i Aloe Gel y: Amoxicillin, Penicillin, Augmentin, Cephalexin, Keflex, Clindamycin, Z-pack, Azithromycin, Erythromycin, Macrobid. If an antibiotic you have been prescribed is not on this list, please call to ask us.