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MEDICATIONS THAT CAN BE USED DURING PREGNANCY

Our providers have created a handy guide to the medications you can safely use during pregnancy. We know that being pregnant doesn't mean you never get sick. Sometimes you can develop more illness during pregnancy as your body is focused on the creation of your baby.

| <i>Symptom</i> | <i>Medication (Generic)</i> | <i>Medication (Brand Name)</i> | <i>What is it?</i> |
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| Pain Reliever/Fever Reducer | <ul style="list-style-type: none"> Acetaminophen (Tylenol) | <ul style="list-style-type: none"> Tylenol | <ul style="list-style-type: none"> Pain reliever/fever reducer |
| Cold/Allergy Symptoms | <ul style="list-style-type: none"> Pseudoephedrine Pseudoephedrine with triprolidine Diphenhydramine Guaifenesin Loratadine Fexofenadine Cetirizine | <ul style="list-style-type: none"> Sudafed Actifed Benadryl Mucinex Claritin Allegra Zyrtec | <ul style="list-style-type: none"> Decongestant Decongestant and Antihistamine Antihistamine Expectorant Antihistamine Antihistamine Antihistamine |
| Cough | <ul style="list-style-type: none"> Dextromethorphan | <ul style="list-style-type: none"> Robitussin | |
| Sore Throat | <ul style="list-style-type: none"> Sucrets Chloraseptic spray N'ICE Salt-water gargles | | |
| Diarrhea | <ul style="list-style-type: none"> Loperamide | <ul style="list-style-type: none"> Imodium | |
| Yeast Infection | <ul style="list-style-type: none"> Miconazole Nitrate | <ul style="list-style-type: none"> Monistat | |
| Nausea | <ul style="list-style-type: none"> Vitamin B6, [25mg] plus doxylamine (Unisom) 1/2 pill <p>Take these together every eight hours as needed.</p> | | |

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| Heartburn | <ul style="list-style-type: none"> • Tums, Rolaids • Famotidine • Ranitidine • Prescription meds approved by your provider <p>NO PEPTO-BISMOL</p> | <ul style="list-style-type: none"> • Pepcid • Zantac | |
| Constipation | <ul style="list-style-type: none"> • Prune juice, aloe vera juice • Probiotics (supplement or yogurt) • Citracel-giber supplement (you should also increase fluids) • Polyethylene glycol • Docusate sodium-stool softener • Stool softener/laxative combination | <ul style="list-style-type: none"> • Metamucil • Benefiber • Miralax • Colace • Surfak • Senakot | |

Most of the above medications can be used while breastfeeding. Use caution if taking antihistamines as they may decrease breast milk production. Please continue to take your prenatal vitamin daily and drink lots of water.

For questions regarding the safety of other medications during pregnancy or breastfeeding, you may also call the Pregnancy Riskline at 1-800-822-2229