

# Medicine Safety During Pregnancy

It is important to talk to your doctor or midwife about taking medicine while pregnant. If you take any medicine, only take it as directed on the package or by your doctor or midwife.

- Avoid medicine in the first trimester. Talk to your doctor or midwife if medicine is needed.
- Below is a list of medicines that can be safe during pregnancy. This is only while pregnant and not when breastfeeding.
- Henry Ford Health does not promote or endorse any specific medicines or products. Brand names are listed to make them easier to recognize. Generic versions can be used as long as it has the same active ingredients listed as the brand name.

Issue:	Medicine You Can Take:
<b>Cold, Sinus, or Allergy</b>	<ul style="list-style-type: none"> <li>• You can take Claritin®, Zyrtec®, or Benadryl®.</li> <li>• You can take Sudafed® after the first trimester and no longer than 4 days.</li> <li>• You can use saline nose spray.</li> <li>• You can use Vicks® Formula 44 Cough Suppressant, Robitussin®, Delsym® cough syrup, and Vicks® vapor-rub.</li> <li>• You can use zinc lozenges and Halls® cough drops.               <ul style="list-style-type: none"> <li>– The total daily limit for zinc is 40 mg. Prenatal vitamins may include zinc. Check the zinc content in your lozenges and any supplements (including prenatal vitamins) so you do not go over this amount.</li> </ul> </li> </ul>
<b>Constipation</b>	You can take Metamucil®, Citrucel®, Benefiber®, Colace®, stool softeners, glycerin suppositories.
<b>Dental Issues</b>	You can use Anbesol® or Oragel™ for gum or teeth pain.
<b>Diarrhea</b>	<ul style="list-style-type: none"> <li>• You can take Imodium® or Kaopectate®.</li> <li>• It is important to stay hydrated. Drink plenty of clear liquids.</li> <li>• You can also follow the BRAT diet (Bread, Rice, Applesauce, Tea)</li> </ul>
<b>Gas Pain</b>	You can take Gas X®, Mylicon®, or Phazyme®.
<b>Heartburn</b>	You can take Tums®, Prilosec®, Rolaids®, and Pepcid®.
<b>Hemorrhoids</b>	You can use Tucks®, Preparation H®, Anusol®, and a sitz bath.
<b>Nausea</b>	You can take Emetrol®, Vitamin B6 25 mg every 8 hours, Unisom® (Doxylamine) 12.5 mg (which may cause drowsiness).
<b>Pain or Migraines</b>	<ul style="list-style-type: none"> <li>• You can use Tylenol® (call doctor for any other issues).</li> <li>• You can use BenGay® cream.</li> <li>• You can use Thermacare® heat therapy pads (use for 20 minutes or less).</li> </ul>
<b>Throat Issues</b>	You can use Robitussin® DM, throat lozenges (Halls®, Cepacol®), sprays, and Mucinex® cough suppressant.
<b>Yeast Infections</b>	You can use Monistat® cream/suppositories over the counter or use Gyne-Lotrimin®.