

Medication List

Flu, cold, and allergy symptoms are much more pronounced during pregnancy. Often the culprit is viral in nature. Currently, there is no cure for viral infections and they must run their course. However, there are over-the-counter preparations that can provide some relief from the symptoms while the virus runs its course. While there is nothing proven to be absolutely 100 percent without risk, there are some over-the-counter preparations that can be taken during pregnancy with reasonable certainty to their safety in pregnancy.

These preparations include (Follow instructions on bottle. Not to exceed the manufacturer's recommended maximum):

Headaches

- Tylenol
- Tylenol Extra Strength
- Tylenol PM

Cold symptoms

- Robitussin
- Benadryl
- Cough drops
- Cough medications
- Decongestants
- Mucinex
- Saline Nasal Drops (not Afrin)
- Theraflu
- Throat lozenges
- Tylenol Cold and Sinus
- Vicks vapor rub
- *Avoid products with Advil, Motrin or Ibuprofen*

Also remember to drink lots of water. At least 2 liters every day. Hot herbal (Lipton's Honey and Lemon) tea with honey and lemon will help with cough and thinning mucus secretions. Limiting dairy products (milk, cottage cheese, yogurt, ice cream, etc.) to 3 per day will also help keep the mucus secretions from becoming thicker.

Allergies

- Alavert
- Allegra/Allegra D
- Benadryl
- Claritin/Claritin D
- Singulair
- Zyrtec

Constipation

- Benefiber
- Colace/Dulcolax
- Increase fiber (Raisin Bran)
- Increase water intake
- Metamucil
- Miralax
- Prune juice
- Senakot

Diarrhea

- Imodium

Nausea

- Doxylamine (Unisom) 10mg
- Pyridoxine (Vitamin B6) 20mg
Take together 4 times per day

Indigestion/Heartburn

- Gas-X
- Maalox
- Mylanta
- Mylicon
- Pepcid
- Tums
- Zantac

Miscellaneous

- Abreva
- Dramamine
- Azo