

Which medicines are safe to take during pregnancy?



Use this chart to find out which over the counter medicines are safe to take while you are pregnant.

If you have:	You can take:	How to take the medicine:
Fever, Mild Pain or Headache	1.) Tylenol Extra Strength 500mg (Acetaminophen)	1.) Take 2 pills every 4 to 6 hours. Do not take more than 8 pills in 24 hours.
Coughs and Colds	1.) Robitussin Mucus and Congestion 200mg (Guaifenesin) 2.) Chlorpheniramine 3.) Mucinex	1.) Take 10-20ml every 4 hours. The bottle cap has a measuring cup so it is easy to see 10-20ml. Don't take more than 6 times in 24 hours. 2.) Take 1 pill every 4 to 6 hours. Do not take more than 6 pills in 24 hours. 3.) Take 1-2 pills every 12 hours as needed. Do not take more than 4 pills in 24 hours. Do not crush, cut, or chew the pill. Take with a large glass of water.
Stuffy Nose	1.) Saline spray 2.) Afrin (Azelastine)	1.) 1 spray in each nostril, when needed. 2.) 2 or 3 sprays in each nostril, every 10 to 12 hours. Don't take more than 2 times per day.
Runny Nose or Allergies	1.) Xyzal 5mg (Levocetirizine) 2.) Claritin 10mg (Loratadine) 3.) Zyrtec 10mg (Cetirizine) 4.) Benadryl 25 mg (Diphenhydramine) 5.) Visine-A (Naphazoline ophthalmic) 6.) Flonase Allergy Relief	1.) Take a 5mg pill once a day. 2.) Take a 10mg pill once a day. 3.) Take a 10mg pill once a day. 4.) Take 1 pill every 6 hours. 5.) Put 1-2 drops into the eye (eyes) as needed up to 4 times each day. 6.) 1-2 sprays in each nostril daily. Start with 2 sprays per nostril every day for 1 week. Don't take more than 2 times per day.
Heartburn	1.) Tums (calcium carbonate) 2.) Pepcid AC 10 mg (famotidine)	1.) Take 2-4 tabs. Do not take more than 9 tabs in 24 hours. 2.) Take 1-2 pills per day as needed. Take 15-60 minutes before meals to prevent symptoms. Do not take more than 2 pills in 24 hours.
Trouble sleeping	1.) Benadryl 25mg (Diphenhydramine) 2.) Unisom Sleep Tablets (Doxylamine Tablets)	1.) Take 1 or 2 pills at bedtime. Do not take more than 12 pills in 24 hours. 2.) Take 1 pill by mouth at bed time as needed. Take 30 minutes before bedtime.



If you have:	You can take:	How to take the medicine:
Indigestion	1.) Pepcid AC 10 mg (famotidine) 2.) Mylanta Maximum Strength	1.) Take 1-2 pills per day as needed. Take 15-60 minutes before meals to prevent symptoms. Do not take more than 2 pills in 24 hours. 2.) Take 10-12mL by mouth as needed. Do not take more than 60mL in 24 hours. Do not take for more than 1 week.
Yeast Infections	1.) Monistat-7 (miconazole-7) and Clotrimazole 1% 2.) Clotrimazole 2%	1.) Put the applicator into the vagina. Slowly press to release the cream. Do this once each day (at bedtime) for 7 days. 2.) Put the applicator into the vagina. Slowly press to release the cream. Do this once each day (at bedtime) for 3 days.
Skin Rashes	1.) Aveeno Anti Itch Concentrated Lotion/Caladryl, 1% Hydrocortisone, A&D ointment (apply as needed)	1.) Apply to the affected area of skin as needed up to 4 times per day.
Lice	1.) Nix Shampoo 2.) Rid Shampoo	1.) Apply shampoo to affected area once. May repeat after 7 days. 2.) Apply shampoo twice every 7-10 days.
Hemorrhoids	1.) Tucks Wipes 2.) Preparation H 3.) Anusol-HC	1.) Use wipes as needed up to 6 times per day. 2.) Use as needed up to 4 times per day. Use the applicator to put the medicine in your rectum. 3.) Apply on the outside 2-4 times per day after a bowel movement (after you poop).
Constipation	1.) Milk of Magnesia 2.) Colace	1.) Take 15-30mL per day as needed for up to 4 times per day. Do not take more than 60mL in 24 hours. 2.) Take 1 pill 2-3 times per day as needed for up to 7 days.

Prescription medicines: If your provider orders these prescription medicines for you, it is safe to take them as instructed: **Amoxicillin, Penicillin, Augmentin, Cephalexin, Keflex, Clindamycin, Z-Pack, Azithromycin, and Macrobid.**