

Intermountain Budge Clinic Obstetrics and Gynecology

Monday-Friday 9am – 5 pm

435-716-1920

SAFE MEDICATIONS DURING PREGNANCY

There are many other safe medications that your Doctor may recommend for you.

Cold and Flu symptoms:

Any Tylenol Products
(acetaminophen)
Sudafed (pseudoephedrine)
Robitussin (guaifenesin)
Cough Drops
Mucinex (guaifenesin)

Indigestion / Heartburn:

Tums (Calcium Carbonate)
Zantac (ranitidine)
Pepcid (Famotidine)
Prilosec (Omeprazole)
Mylanta
Gas X (Simethicone)

Insomnia:

Unisom (doxylamine succinate)
Tylenol PM (Acetaminophen)
Dramamine (dimenhydrinate)
Benadryl (diphenhydramine)

Constipation:

Colace (docusate)
Miralax (polyethylene glycol)
Citrucel
Fiber supplement of any kind
Milk of Magnesia

Seasonal Allergies:

Benadryl (diphenhydramine)
Claritin (loratadine)
Zyrtec (cetirizine)

Nausea / Vomiting:

Vitamin B6 50mg: three times a day
Unisom: three times a day (whole
tablet at night, ½ tablet during
the day)
Ginger 1 mg
Ginger Ale
Peppermint
Dramamine (dimenhydrinate)

Aches and Pains / Headaches:

Tylenol (Acetaminophen)
Excedrin tension headache
(aspirin free)

For medication questions please consult:

www.sharecare.com, www.health.utah.gov/prl (pregnancy risk line website) or
1-800-822-2229 (pregnancy medication hotline)