

## Medications Safety in Pregnancy

Listed below are medications that will not be harmful to you or your baby during pregnancy. Do not exceed over-the-counter recommended dosage as indicated on the medication. Please let us know all medications you are taking, both prescription and over-the-counter. This also includes herbal substances. Many prescription medications are safe in pregnancy – let us know what you are taking at your appointment and we will see if you can continue taking them. **If you have questions please call us at (703) 359-5900 during business hours.**

### **For cold and allergies:**

Sudafed  
Chlortrimeton  
Robitussin – DM is okay after the first trimester  
Throat lozenges  
Humidifiers  
Benadryl  
Claritin

### **For constipation/hemorrhoids:**

Senekot  
Metamucil  
Citrucel  
Fibercon  
Preparation H  
Tucks pads  
Colace

### **For upset stomach & indigestion:**

Tums  
Low salt antacids  
Maalox  
Mylanta

### **Headache/Aches and Pains:**

Tylenol (Extra Strength is OK)

### **For Sleep: (For occasional use only)**

Benadryl  
Tylenol PM

### **Dental instructions:**

No epinephrine in the local anesthesia  
Dental x-rays with shields are OK