



## Pregnancy Safe Medications

### Morning sickness

- Vitamin B6 25 mg every 6 hours  
**WITH**  
Unisom (Doxylamine)
  - ½ tab -1 tab after dinner, if not improved can repeat dose in the morning
- Ginger Capsule 250 mg
  - Every 6 hours
- Ginger (snaps, tea, lozenges, chews...)
- Pepcid or Prilosec daily
- Sea-bands
- Peppermints or Peppermint oil

### Headaches/minor musculoskeletal pain

- Sleep/Nap
- One serving of caffeine
- Tylenol up to 1000 mg per dose
  - No more than 4000 mg in 24 hrs
- Magnesium Oxide 400-500 mg daily

### Indigestion

- Tums
- Mylanta
- Maalox
- Rolaids
- Simethicone/Gas-X
- Pepcid OTC OR Prilosec OTC

### Constipation

- Increase dietary fiber
  - Metamucil
  - Supplements
  - Snack bars
  - Fruit WITH THE PEELING
- Stool softener
  - Colace 100-200mg daily
- Laxative
  - Milk of Magnesia
  - Miralax
  - Any OTC glycerin suppository

### Hemorrhoids

- Tucks pads - can place in refrigerator prior to application
- Sitz baths
- Preparation H cream or suppository
- Anusol cream or suppository

### Diarrhea

- Imodium (plain or AD)

### Yeast Infection

- Monistat-7 Vagisil (external use only)

### Rash/Itching

- Calamine lotion
- Benadryl cream/spray or pill
- Hydrocortisone 1% cream/ointment
- Oatmeal bath
- Cool shower

### Insomnia

- Unisom Benadryl OR Tylenol PM

### Allergies and Colds

- At least 64oz of water intake per day
- Cough drops
- Saline nasal spray and eye drops
- Elderberry Syrup - 3tsp at the onset of symptoms
- Chloraseptic spray (phenol 1.4%)
- Humidifier, Chlor-Trimeton, Tavist
- Dimetapp
- Robitussin (plain or DM)
- Triaminic
- Claritin, Zyrtec, Allegra Benadryl
- Mucinex Expectorant 600mg

### Misc

- Probiotics with lactobacillus & bifidobacterium