



CENTER FOR
WOMEN'S HEALTH

Comprehensive, personalized care you can trust

Medications Safe to Use During Pregnancy

Cold & Sinus

Sudafed (1st and 2nd trimester only)

Robitussin (plain only)

Benadryl

Claritin

Tylenol Sinus

Cool mist vaporizer may be used

Headaches

Tylenol (regular & extra-strength)

Advil (in moderation) 1st and 2nd trimester only

Nausea & Vomiting

Pepto Bismol

Emetrol

Unisom- **not** the gel caps-(2 times daily) & B-6 (3 times daily)

Heartburn & Indigestion

Tums

Pepcid

Mylanta

Maalox

Constipation

Stool softeners such as:

Colace, Surfak, Metamucil, Perdiem, Milk of Magnesia

Stretch Marks

Vitamin E cream

Mederma

Mother's Friend

(These do not guarantee that you will have no stretch marks!)