

Midtown Obstetrics and Gynecology

Medications that are Safe to Use during Pregnancy and Breastfeeding

This is a list of over-the-counter medications that can be safely taken while pregnant and breast feeding. They can be taken as directed on the bottle or label. Generic equivalents of the listed medications are also safe. If any of the problems listed below persist more than one week, please contact your individual physician.

Common cold, cough, head congestion:

Robitussin	Sudafed	Guaifenesin
Tylenol	Pseudoephedrine	Dextromethorphan
Robitussin DM	Claritin	Sudafed Cold & Cough
Actifed	Chlorpheniramine	Ocean Mist Nasal Spray
Benadryl	Chlor-Trimeton	VICKS Vapor Rub
Chloraseptic	Mucinex	Any Throat Lozenge

Allergies:

Claritin	Benedryl	Visine-A
Loratadine	Naphazoline Eye Drops	Clear Eyes

Stool Softeners:

Colace	Metamucil	Milk of Magnesia
Surfak	Fibercon	Docusate Sodium

Hemorrhoids:

Tucks Wipes	Preparation H	Anusol/Anusol HC
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Heartburn/Indigestion:

Mylanta	Rolaids	Zantac
Tums	Pepcid	Ranitidine
Maalox	Prilosec	

Headache/Back Pain:

Tylenol	Extra Strength Tylenol
Acetaminophen	Tylenol PM

Diarrhea:

Kaopectate	Imodium AD
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Skin Rashes And Topicals:

Aveeno	A & D Ointment	Proactiv Products
Benadryl Cream	Lanolin	Neosporin
Caladryl	Nix/Rid-for head lice	Aloe Gel
1% Hydrocortisone	Benzoyl Peroxide	Self Tanner

Yeast Infections:

Monistat	Gyne-Lotrimin
Miconazole	Clotrimazole

What about antibiotics prescribed by my dentist or my other doctors? There are many antibiotics that are safe to use in pregnancy: Amoxicillin, Penicillin, Augmentin, Cephalexin, Keflex, Clindamycin, Z-pack, Azithromycin, Erythromycin, Macrobid. If an antibiotic you have been prescribed is not on this list, please call to ask us.