

Comprehensive Women's Health Services

Medications that are acceptable to take during a pregnancy



For Headaches:

Tylenol (Acetaminophen) Regular or Extra strength

For Colds, Cough, Congestion or Allergies:

Sudafed

Chlor Trimeton

Diemetapp

Robitussin- Plain or DM

Claritan or Zyrtec

For Constipation:

Metamucil

Fiber Con

Colace

Senokot

For Heartburn or Indigestion:

Tums

Maalox- tablets or liquid

Mylanta- tablets or liquid

Sodium Free Rolaids

For Yeast Infection:

Any over the counter preparations- recommend Monistat

For Diarrhea:

Kaopectate

During pregnancy, expectant mothers may experience some of the typical problems noted below. The following over the counter medications available at most pharmacies may be used.

At anytime you have questions about a specific medication, please contact our office and speak with a nurse.

Please do not take any other medications either as purchased over the counter or by a prescription without checking with your health care provider.

