

**** The medications listed below are safe to take during your pregnancy ****

**** Headaches ****

Tylenol

No Aspirin or Ibuprofen Products

**** Heartburn ****

Pepcid

Gaviscon

Tums

Zantac

**** Cold Symptoms ****

Sudafed

Actifed

Robitussin DM

Tylenol Cold

Tylenol Sinus

Cough Drops

Vicks Vapor Rub

**** Allergy Medications ****

Claritin or Claritin D

Benadryl

Zyrtec

**** Vitamins (if unable to tolerate prenatal vitamins)**

Flinstones

**** Calcium Supplements ****

Viactive Chews

**** Diarrhea ****

BRAT Diet: Bananas, Rice, Applesauce, Toast (plain)

If diarrhea lasts more than 24 hours call our office for medications

**** Constipation ****

Colace

Benefiber

Laxative on occasion

**** Remember to drink at least eight 16 oz. glasses of water per day ****