

### Medications that are Safe in Pregnancy and Breastfeeding

	<b>Pregnancy</b>	<b>Breastfeeding</b>
<b>Headache, Aches, Pains</b>	Tylenol (Acetaminophen) Icy Hot	Tylenol (Acetaminophen) Ibuprofen (Motrin, Advil)
<b>Colds</b>	<p>For nasal, sinus, chest congestion: Sudafed PE (Pseudoephedrine) **Not in the 1<sup>st</sup> trimester Mucinex (Guaifenesin) **Not in the 1<sup>st</sup> trimester Vicks Vapor Rub</p> <p>For runny nose: Chlortrimeton (Chlorpheniramine)</p> <p>Benadryl (Diphenhydramine HCL) – For night time use</p>	Vicks Vapor Rub Saline Nasal Sprays Neti pot treatments
<b>Cough</b>	<p>To produce cough: Mucinex (Guaifenesin) **Not in the 1<sup>st</sup> trimester Robitussin, Tussin (alcohol free type)</p> <p>To suppress cough: Robitussin DM (Guaifenesin/Dextromethorphan)</p>	Robitussin, Tussin (alcohol free type) Delsym (Dextromorphan)
<b>Sore Throat</b>	Tylenol (Acetaminophen)  Over the counter throat lozenges	Same as pregnancy
<b>Stomach Flu</b>	<p>Fever: Tylenol (Acetaminophen)</p> <p>Diarrhea: Imodium (Lopermide)</p>	<p>Same as pregnancy</p> <p>Continue to nurse your baby.</p>
<b>Constipation</b>	<p>Daily Stool Softener: Colace (Docusate)</p> <p>Fiber Supplements: Metamucil, Benefiber Miralax (short-term use only)</p> <p>Continued constipation: Milk of Magnesia, Dulcolax suppository</p>	Same as pregnancy
<b>Heartburn</b>	<p>Antacids: Mylanta, Maalox, Tums, Rolaids, Riopan</p> <p>Gas-X (Simethicone) Zantac (Ranitidine) Pepcid AC (Famotidine)</p>	Same as pregnancy
<b>Allergy</b>	Zyrtec, Benadryl, Claritin	Claritin