



## Medications Safe for Pregnancy and Breastfeeding

### **Indigestion/ Gas/ Heartburn**

Maalox  
Mylanta  
Mylicon  
Gas-X  
Rolaids  
TUMS  
Pepcid  
Prilosec  
Prevacid

### **Cold/ Flu/ Sinus/ Allergies**

Tylenol  
Any Tylenol cold product  
Sudafed  
Mucinex  
Robitussin  
Saline Nasal Spray  
Benedryl (not during breastfeeding)  
Claritin (not during breastfeeding)  
Zyrtec (not during breastfeeding)

### **Headache/ Pain reliever/ Fever**

Tylenol or any Tylenol product

### **Hemorrhoids**

Preparation H  
Tucks pads

### **Constipation**

Colace (docusate)  
Metamucil  
Senna  
Milk of Magnesium

### **Diarrhea**

Immodium

### **Sore throat**

Halls lozenges  
Chloraseptic spray  
Sucrets

### **Nausea/ Vomiting**

Unisom Sleep Tablets (2 tabs at bedtime)  
Vitamin B6 (50mg up to 4x per day)  
Dramamine