

Pregnancy Medication List

While there are no perfectly safe medications to use during pregnancy, the following medications have historically not been found to cause harm during pregnancy. If you use of these medications and your symptoms continue, please call Cheyenne Women's Clinic at 307/637-7700 to speak to a nurse in order to evaluate your situation.

Congestion

- Sudafed or Actifed (plain)
- Saline Nasal Spray or Saline Nasal Rinse (Neti Pot)
- Afrin Nasal Spray (for no longer than 48 hrs)

Cough

- Robitussin (Plain or DM)
- Vicks Formula 44 (Plain or DM)

Aches and Pains

- Tylenol (No Motrin, Aleve, or Aspirin)

Heartburn

- Tums, Rolaids, Mylanta, or Maalox (No Pepto-Bismol)

Allergies

- Benedryl, Claritin, Zyrtec (plain)

Constipation or Diarrhea

- Metamucil, Fibercon, or Fiberall
- Colace
- Immodium

Morning Sickness

- Vitamin B6- one tablet an hour prior to meals
- Unisom tablet at bedtime
- Gatorade or water for hydration