

Medications Safety in Pregnancy

Listed below are medications that will not be harmful to you or your baby during pregnancy. Do not exceed over-the-counter recommended dosage as indicated on the medication. Please let us know all medications you are taking, both prescription and over-the-counter. This also includes herbal substances. Many prescription medications are safe in pregnancy – let us know what you are taking at your appointment and we will see if you can continue taking them. **If you have questions please call us at (703) 359-5900 during business hours.**

For cold and allergies:

Sudafed
Chlortrimeton
Robitussin – DM is okay after the first trimester
Throat lozenges
Humidifiers
Benadryl
Claritin

For constipation/hemorrhoids:

Senekot
Metamucil
Citrucel
Fibercon
Preparation H
Tucks pads
Colace

For upset stomach & indigestion:

Tums
Low salt antacids
Maalox
Mylanta

Headache/Aches and Pains:

Tylenol (Extra Strength is OK)

For Sleep: (For occasional use only)

Benadryl
Tylenol PM

Dental instructions:

No epinephrine in the local anesthesia
Dental x-rays with shields are OK