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Safe Medications during pregnancy

Allergies	Benadryl, Allegra, Claritin, Zyrtec and Non-sedating antihistamines
Cold & Flu	Tylenol or Tylenol Cold, gargle with warm salt water, Saline nasal spray, Robitussin DM, Vicks Cough Syrup, Halls. Do not take "SA" or "Multi-Symptom" forms
Constipation	Metamucil, Metamucil wafers, Citrucil, Colace, Milk of Magnesium, Senokot
Diarrhea	Kaopectate, Immodium
First Aid Ointment	Neosporin, Bacitracin
Headache	Tylenol
Heartburn	Maalox, Mylanta, Zantac, Pepcid, Gaviscon, Tagamet
Hemorrhoids	Preparation H, Tucks, Anusol, Witch Hazel
Insomnia	Tylenol PM, Unisom 1/2 tab at bedtime
Nausea/Vomiting	Vitamin B6 100mg, Sea bands, Unisom 1/2 tab, Emetrol if non-diabetic
Rashes	Hydrocortisone, Caladryl lotion or cream, Benadryl tablet or cream, Aveeno Oatmeal bath
Yeast Infection	Monistat or Terazol *do not insert the applicator to far
Anti-depression Meds	Lexapro, Wellbutrin, Prozac, Celexa, Zoloft