

## **Mistye Taylor, M.D.**

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### **SAFE MEDICATIONS DURING PREGNANCY**

Although it is best not to take medications during your pregnancy, there may be times when medications are necessary for the relief of certain common conditions. The following is a list of “over the counter” medications that are considered relatively safe for use in pregnancy. **TAKE ALL MEDICATIONS AS DIRECTED AND DO NOT EXCEED MAXIMUM DAILY DOSES.** If the condition for which you are taking the medication does not improve within 1 or 2 days, call the office at (615) 223-0200.

#### **COLD/FLU/SINUS**

Benadryl  
Chloroseptic  
Dimetapp  
Halls or Vicks Cough Drops  
Robitussin (Plain or DM)  
Sudafed  
Theraflu  
Vick’s Vapor Rub  
Mucinex  
Claritin & Claritin D

#### **CONSTIPATION**

Colace  
Citrucel  
Fibercon  
Metamucil  
Milk of Magnesia  
Surfak

#### **FEVER**

Tylenol (Regular or Extra Strength)

#### **HEADACHE**

Tylenol (Regular or Extra Strength)  
Motrin (except NOT in last trimester)

#### **HEMORRHOIDS**

Anusol HC  
Baby Wipes  
Prep H  
Tucks Pads

#### **INDIGESTION**

Maalox  
Mylanta  
  
Pepcid  
Tagamet  
Tums/Roloids  
Zantac

#### **NAUSEA**

Emetrol

#### **DIARRHEA**

Immodium AD  
Kaopectate