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Nonprescription Medications You May Use During Pregnancy and Breast Feeding

Symptom	Medications
Headache or Muscle Aches	Tylenol (Acetaminophen) No Aspirin or Ibuprofen
Nasal Congestion	Sudafed (Pseudoephedrine) After 1 st trimester
"Runny Nose" or Itching	Benadryl (Diphenhydramine) May be used after the 1 st trimester Chlor-Trimeton (Chlorpheniramine) Zyrtec (Cetirizine)
Cough	Mucinex Robitussin DM (Guaifenesin) Dextro-methorphan)
Heartburn	Tums (Calcium Carbonate) Maalox (Mg/Alum. Hydroxide) Prilosec Pepcid
Diarrhea	Imodium (Loperamide) NO PEPTO BISMOL
Constipation	Colace (Docusate) Citrucel (always take with extra water) Metamucil (always take with extra water) Milk of Magnesia ok for occasional use
Hemorrhoids	Anusol HC Tucks
Gas	Mylicon (Simethicone)

Use all medications as directed on the product package. You may use the generic or other brand names of these medications provided the only ingredients are those listed here in parentheses. Consult your doctor before using any medications not listed here.