The Upstate Midwifery Program
Medication Alternatives and Approved Medication List

- Below are medications that you can take safely for discomfort or illness during pregnancy. We also offer some other suggestions for dealing with body discomforts during pregnancy.
- It is best to avoid all medications within the first 12 weeks of pregnancy.
- Notify us as soon as possible if another provider has prescribed you a new medication so we can make sure it is safe to take.

Pain - Tylenol (acetaminophen), Codeine (prescription only), or a TENS unit
Do NOT use: Aspirin, Motrin, Advil, Aleve or BenGay

Nausea – Small frequent meals, ginger ale, Vitamin B6, Sea bands, ginger snaps

Antihistamines (for allergies or stuffiness)– Zyrtec, Claritin, Benadryl, Dimetapp

Decongestants – Sudafed, Robitussin CF, Tavist D, Mucinex, saline nasal spray

Cold or Cough Symptoms – Robitussin DM, cough drops, Chloroseptic throat spray

Heartburn or Indigestion – Tums, Rolaids, Gas-X, Tagamet, Mylanta, Zantac, Maalox, or Protonix  Do NOT use: Pepto-Bismol

Insomnia (Unable to sleep) – Tylenol PM, Benadryl, or Unisom

Vaginal Yeast Infection - Terazol 7, Monistat or RepHresh

Toothache – Orajel/Anbesol

Hemorrhoids – Preparation H or Tucks pads
Analpram and Anusol are prescription only

Constipation – Colace, Fibercon, Citrucel, Metamucil, MiraLax, Milk of Magnesia or Fiber All

Diarrhea – the BRAT diet (banana’s, rice, applesauce, toast), or Imodium-1 dose only, call if diarrhea continues,

Lice Treatment – Use Permethrin  Do NOT use: Quell

Rash or Itching – Benadryl, Caladryl, Hydrocortisone Cream

Caffeine – No more than 3 cups of soda, coffee or tea per day