

# **Birth Care & Family Health Services**

(717) 786-4010

fax (717) 786-4011

Georgetown Office  
1138 Georgetown Rd. • P.O. Box 152 • Bart, PA 17503

Harvest Drive Office  
3469 Harvest Drive • Gordonville, PA 17529

## **MEDICATIONS THAT CAN BE USED DURING PREGNANCY**

### **Colds**

Tylenol  
Panadol  
Drixoral  
Contac  
Actified  
Chlortrimeton (limited use)  
Benadryl (limited use)  
Sudafed Plus  
Neosynephrine Nasal Spray  
Salt Water Drops  
Ocean Nasal Spray  
Ayr Nasal Spray  
Cool Mist Vaporizer

### **Cough**

Robitussin DM

### **Sore Throat**

Cepacol  
Chloraseptic Spray  
Halls

### **Headaches**

Tylenol – Regular and Extra Strength  
NO Ibuprofen, Advil, Motrin, Naproxen, Nuprin,  
Aleve, Midol  
NO Aspirin

### **Nausea**

Emetrol  
Maalox  
Riopan  
Gaviscon  
Mylanta II tabs  
Tums  
Vitamin B6 25 mg 4x/day and Unisom Tab (Doxylamine Succinate) at bedtime  
Peppermint or Ginger tea and candy

### **Heartburn**

Maalox  
Tums  
Tagamet  
Zantac  
Pepcid  
Prevacid  
Nexium

### **Constipation**

Senekot  
Metamucil  
Milk of Magnesia  
Colace  
Fibercon  
Fiberall  
Citracel

### **Hemorrhoids**

Anusol HC  
Preparation H  
Tucks pads

### **Diarrhea**

Immodium AD

\*\* Please talk to us before using any herbal preparations since many are unsafe during pregnancy \*\*