OVER THE COUNTER MEDICATIONS THAT MAY

BE USED SAFELY IN PREGNANCY

(SAFE MEDICATIONS FOR BREASTFEEDING MAY

DIFFER-PLEASE CHECK WITH PEDIATRICIAN)

Cold/Sore Throat: plain Robitussin, Cepacol lozenges or mouthwash, Sudafed, Sucrets, Benadryl, Chloraseptic lozenges, Halls, Saline nasal spray, Tylenol sinus

Heartburn: Mylanta, Maalox, Tums, Pepcid AC, Tagamet, Zantac; avoid bismuth-containing products

Constipation: Colace, Metamucil, Glycerin suppositories, Senekot

Headache/Pain: Tylenol (no more than 4000 mg in 24 hours)

Nausea/Vomiting: Unisom, Vitamin B6

Hemorrhoids: Preparation H, Anusol, Hydrocortisone (externally)

Sleep: Benadryl

Allergy/Itching: Claritin, Zyrtec, Calamine lotion, Benadryl cream, Hydrocortisone

Calcium Supplements: Viactiv, Caltrate, Citracal

Please contact us with any questions or for recommendations regarding prescription medications. There is also a hotline available if you need to know whether a medication is compatible with pregnancy or breastfeeding-you can call

The Infant Risk Center of Texas Tech University Health and Sciences Center

(806) 352-2519

The Infant Risk Center provides up-to-date, evidence-based information on the use of medications during pregnancy and breastfeeding. Through education, they aim to reduce the number of birth defects as well as create healthy breastfeeding relationships.

D’nese Sokolowski MD

2895 Hamilton Blvd, Suite 204

Allentown, PA 18104