



**Condition** ~ Safe medications to take while pregnant\*

**Allergy:** ~ Loratadine (Claritin) 10mg ~ Cetirizine (Zyrtec) 10mg  
~ Diphenhydramine (Benadryl) 25mg ~ Flonase nasal spray

**Headaches & Fever:** ~ Acetaminophen (Tylenol: 650mg or 1000mg doses)

**Cough:** ~ Dextromethorphan HBr 10mg/ Guaifenesin 200mg  
(Robitussin DM or Mucinex)

**Congestion:** ~ Flonase nasal spray ~ Vicks Vapor Rub

**Sore Throat:** ~ Phenol throat spray (Chloraseptic) ~ Menthol lozenges

**Heartburn/Acid Reflux:**

- ~ *Tablet:* Famotidine (Pepcid) 20mg
- ~ *Chewable:* Calcium Carbonate (Tums) or Magnesium Hydroxide (Rolaids)
- ~ *Liquid:* Aluminum Hydroxide/Magnesium Hydroxide (Mylanta) or Calcium Carbonate (Maalox)

**Gas:** ~ Simethicone 80mg

**Constipation:** ~ Psyllium fiber or Polycarbophil or Polyethylene Glycol powder  
Milk of Magnesia or Docusate ~ Senna

**Diarrhea:** ~ Loperamide (Immodium AD) (to be used only after 12 weeks of pregnancy)

**Hemorrhoids:** ~ Witch Hazel pads ~ Pramoxine rectal cream (Anusol)  
~ Hydrocortisone 1% rectal cream (Preparation H)

**Nausea:** ~ Vitamin B6 25-50mg ~ Doxylamine 12.5mg  
~ Dimenhydrinate (Dramamine) ~ Meclizine "less drowsy"

**Rashes:** ~ Hydrocortisone 1% cream or ointment  
~ Calamine lotion ~ Oatmeal bath soak (Aveeno)

**Vaginal Yeast Infection:**

- ~ Miconazole or Clotrimazole 7-day vaginal cream or suppository

\*Some of these medications may be found in combination. Do not exceed dose per package instructions. Please Note: No drug can be considered 100% safe to use during pregnancy.

Last reviewed 8/2025

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