

D. Landon Allen, MD, MPH, MBA
Physician and Managing Member
Dr.Allen@NewRiverFamilyWellness.com

420 E 2nd St., West Jefferson, NC 28694
(P) 336-489-4400



Caitlin M. Sullivan, MD
Physician and Member
Dr.Sullivan@NewRiverFamilyWellness.com

www.NewRiverFamilyWellness.com
(F) 336-489-4500

List of Medications generally Thought to be Safe During Pregnancy

While no drug can be considered 100% safe to use during pregnancy, the list that follows contains over-the-counter products generally felt to be safe for use.

Headache

- Acetaminophen (Tylenol)

Nausea and Vomiting

- Diphenhydramine (Benadryl)
- Vitamin B6

Diarrhea

- Loperamide ([Imodium®] after 1st trimester, for 24 hours only)

Constipation

- Methylcellulose fiber (Citrucel®)
- Docusate (Colace®)
- psyllium (Fiberall®, Metamucil®)
- polycarbophil (FiberCon®)
- polyethylene glycol (MiraLAX®)*

*Occasional use only

Allergy

- Diphenhydramine (Benadryl®)
- Loratidine (Claritin®)
- Cetirizine (Zyrtec®)

Cold and Flu

- Diphenhydramine (Benadryl)*
- Dextromethorphan (Robitussin®)*
- Guaifenesin (Mucinex® [plain]) *
- Vicks Vapor Rub® mentholated cream
- Mentholated or non-mentholated cough drops
- (Sugar-free cough drops for gestational diabetes should not contain blends of herbs or aspartame)
- Pseudoephedrine ([Sudafed®] after 1st trimester)
- Acetaminophen (Tylenol®)*
- Saline nasal drops or spray
- Warm salt/water gargle

*Note: Do not take the "SA" (Sustained Action) form of these drugs or the "Multi-Symptom" form of these drugs. Do not use Nyquil® due to its high alcohol content.

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First Aid Ointment

- Bacitracin
- Neomycin/polymyxin B/bacitracin (Neosporin®)

Heartburn

- Aluminum hydroxide/magnesium carbonate (Gaviscon®)*
- Famotidine (Pepcid AC®)
- Aluminum hydroxide/magnesium hydroxide (Maalox®)
- Calcium carbonate/magnesium carbonate (Mylanta®)
- Calcium carbonate (Titalac®, Tums®)
- Ranitidine (Zantac®)

*Occasional use only

Hemorrhoids

- Phenylephrine/mineral oil/petrolatum (Preparation H®)
- Witch hazel (Tucks® pads or ointment)

Insect repellent

- N,N-diethyl-meta-toluamide (DEET®)

Rashes

- Diphenhydramine cream (Benadryl)
- Hydrocortisone cream or ointment
- Oatmeal bath (Aveeno®)

Sleep

- Diphenhydramine (Unisom SleepGels®, Benadryl)

Yeast Infection

- Miconazole (Monistat®)