

## MEDICATIONS SAFE TO TAKE IN PREGNANCY

### ALLERGIES:

Benadryl  
Claritin (regular, not with decongestant)  
Zyrtec

### COLDS:

Cough: Delsym  
Robitussion cough (or DM)  
Vick's 44 cough

Congestion: Mucinex  
Robitussin

### CONSTIPATION:

Milk of Magnesia  
Magnesium Citrate

### HEARTBURN/INDIGESTION:

Tums  
Zantac  
Pepsid

### HEADACHE/PAIN RELIEF:

Tylenol

### MOTION SICKNESS:

Dramamine

### RASH/ITCHING:

Benadryl cream or Benadryl

### SLEEP AID:

Unisom  
Benadryl  
Tylenol PM