



Women's Health Care Center of Williamsburg

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Safe Medications 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:

Colace
Miralax
Milk of Magnesia
Magnesium Citrate

HEARTBURN / INDIGESTION:

Tums
Pepcid

HEADACHE / PAIN RELIEF:

Tylenol

NAUSEA/MOTION SICKNESS:

Dramamine
Vitamin B6

RASH / ITCHING:

Benadryl or Benadryl cream

SLEEP AID:

Unisom
Benadryl
Tylenol PM