

# Gigi Kroll, MD ♦ Zhanna M. Pinkus, MD

180 Newport Center Drive, Suite 265, Newport Beach, CA 92660

T 949 706 0181 F 949 706 7187

www.newportcenterwomenshealth.com

## Safe Medications During Pregnancy

---

During pregnancy, medications should be used sparingly. However, if necessary, the following over-the-counter medications and herbal remedies have been determined to be safe pregnancy and lactation. Read all medication labels before taking to ensure they do not have any ingredients on the list. **PLEASE CALL OUR OFFICE SHOULD YOU EVER HAVE ANY OTHER QUESTIONS REGARDING MEDICATIONS OR SHOULD YOUR SYMPTOMS PERSIST.**

### ANTACIDS

---

Maalox  
Mylanta  
Rolaids

Tums  
Pepcid  
Prilosec

Prevacid

### ANTI-GAS

---

Mylicon

### CONSTIPATION

---

#### Stool Softeners:

Colace / 100-200mg every day  
Surfak

#### Bulk Fiber:

Metamucil  
Fibercon  
Miralax

#### Laxatives:

Milk of Magnesia

### COLDS

---

#### Decongestents:

Sudafed  
Mucinex  
Saline Spray  
Robitussin DM  
Cough Drops  
Vitamin C Lozenges

#### Sore Throat:

Chloraseptic Spray or Lozenges  
Salt Water Gargles

#### Allergies:

Claritin or Claritin D  
Benadryl

### HEMORRHOIDS

---

Anusol  
Preparation-H  
TUCKS

### INSOMNIA

---

Benadryl  
Unisom

### NAUSEA

---

Emetrol Syrup  
Vitamin B6 / 50mg twice a day  
Papaya Extract

Ginger & Raspberry Tea  
Ginger & Mint Tea  
Cola Syrup

### PAIN AND FEVER

---

Tylenol / 500mg or 625mg every 4-6 hours

### PRESCRIBED MEDICATIONS

---

Penicillin  
Amoxicillin  
Augmentin  
Azithromycin (Z-Pack)  
Cephalosporins