

List of Approved Medications after the First Trimester

****Try to limit medication use as much as possible during pregnancy and avoid medications during the first trimester.**

Pain Medications

Tylenol or generic acetaminophen (2 extra strength tablets every 8 hours as needed)

Tylenol PM

*Avoid any aspirin or ibuprofen containing products

Cold Medications

Sudafed

Actifed

Chlortrimeton

Benadryl

Claritin

Robitussin cough syrup

Chloraseptic spray

Hall's lozenges

Tylenol cold and sinus

Stomach Medications

Maalox

Mylanta

Tums

Imodium (for diarrhea)

Colace (for constipation)

Emetrol (for nausea)

Milk of Magnesia (for constipation)

Miralax (for constipation)

Preparation H

Anusol HC/Tucks ointment