

## Approved Prenatal Medications and Treatments

### Aches, Pains, Headache:

Tylenol  
Midol Complete  
Bio Freeze or Icy Hot  
Ice or Heat  
Chiropractic Care  
Osteopathic Manipulation Therapy  
Massage Therapy  
**DO NOT USE: Ibuprofen (Motrin, Advil)  
or Naproxen (Aleve)**

### Allergies:

Zyrtec  
Claritin  
Allegra  
Benadryl

### Cough/Colds:

Robitussin  
Delsym  
Nyquil (Alcohol Free)  
Cough Drops

### Congestion:

Saline Nasal Spray (no more than 3 days)  
Mucinex  
Vicks Vapor Rub  
Benadryl  
Robitussin  
Humidifier

### Constipation:

Benefiber  
Metamucil  
Miralax  
Colace  
Dulcolax  
Milk of Magnesia

### Diarrhea:

Imodium  
BRAT diet (banana, rice, applesauce, toast)

### Heartburn, Indigestion, Gas:

Tums  
Rolaids  
Gas-X  
Mylanta  
Pepcid  
Zantac  
**DO NOT USE: Ranitidine, Pepto Bismol**

### Hemorrhoids:

Preparation H  
Tucks Witch Hazel Pads

### Nausea:

Vitamin B6 (3X daily)  
Diclegis (Unisom + Vitamin B6)  
Dramamine  
Phenergan  
Zofran  
Ginger or Peppermints  
Sea Bands

### Rash, Itching:

Oral or Topical Benadryl  
1% Hydrocortisone  
Calamine Lotion  
Coconut Oil  
Aquaphor  
Oatmeal Baths

### Sleep Aids:

Unisom  
Benadryl  
ZZZquil  
Tylenol PM