



Dr. Danielle S. Kiko, M.D., FACOG  
Dr. Steven M. Willard, M.D., FACOG  
Jessica L.H. Sovacool, M.D.  
Heather A. Kreareas, MSN, WHNP-BC, IBCLC  
6555 Frank Ave NW  
North Canton, Ohio 44720  
Please visit our website at [www.gwhobgyn.com](http://www.gwhobgyn.com)

### **MEDICATIONS THAT ARE SAFE TO TAKE IN PREGNANCY AND BREASTFEEDING**

- COLD OR SINUS:** Actifed, Sudafed, Benadryl, Sinutab no drowsiness, Chlor-Trimeton, Tylenol cold, Mucinex, Mucinex DM, Afrin Nasal spray, cough drops, vaporizers, saline spray.
- COUGH:** Robitussin DM or CF, Benadryl, Vicks Formula 44D and Halls, Mucinex
- HEADACHE:** Regular or extra strength Tylenol
- CONSTIPATION:** As Directed on package, for daily use: Miralax, Colace, Metamucil, Fibercon, Milk of Magnesia, Senekot, As Directed on package for severe constipation , relief: Magnesium Citrate, Fleets enema
- INDIGESTION:** Maalox, Mylanta, Tums, Tagamet HB, Pepcid AC, Zantac
- NAUSEA/VOMITING:** Emetrol, Vitamin B 100mg daily, Vitamin B6 25 mg three times a day  
Unisom Sleep Tabs (NOT Sleep Gels), Benadryl
- DIARRHEA:** Kaopectate, Immodium AD
- SKIN RASH:** Calamine, Caladryl, Benadryl, Cortaide, Hydrocortisone cream
- HEMORRHOIDS:** Preparation H, Tucks, Anusol
- VAGINAL ITCHING:** Monistat (over the counter)

References: What to expect when expecting: Arlene Eisenberg, Heidi Eisenberg Murkoff, Sandee Eisenberg Hathaway, RN, BSN      Nursing your baby beyond the first day: Sarah Danner