

## JONES CENTER FOR WOMEN'S HEALTH

1261 Oliver Street

Fayetteville, NC 28304

P: (910) 323-1623 F: (910) 323-9056

## MIND BODY SPIRIT WOMEN'S HEALTH

305 Tilghman Drive Suites B

Dunn, NC 28334

P: (910) 892-2223 F: (910) 892-4442



## **SAFE MEDICATIONS DURING PREGNACY**

### **Constipation:**

- ✓ *Over the counter stool softeners such as Colace, Magnesium Citrate*

### **Diarrhea:**

- ✓ *Kaopectate, Imodium. Do **NOT** take Pepto-Bismol*

### **Heartburn:**

- ✓ *Mylanta, Maalox, Sodium-Free Tums, Zantac, Prilosec*

### **Sore Throat:**

- ✓ *Salt water gargle, Cepacol, Chloraseptic lozenges*

### **Cough:**

- ✓ *Robitussin-plain or DM*

### **Fever/Aches:**

- ✓ *Tylenol or Extra Strength Tylenol*

### **Multi-Symptoms (Runny Nose, Congestion, ECT.):**

- ✓ **ONLY** *saline Nasal Spray, Co-Tylenol Cold, Comtrex, Actifed, Sudafed, Dimetapp*

### **\*\*REMINDERS:**

- ✓ *Check the ingredients! If a product has acetaminophen listed, that is the generic name for Tylenol. You do **NOT** need to take any extra!*

### **DO NOT TAKE:**

- ✓ *Aspirin or products that contain aspirin*
- ✓ *Ibuprofen (generic name for Motrin) or products that contain ibuprofen*
- ✓ *Nasal sprays or inhalants*
- ✓ *Pepto-Bismol*

😊 **If you have any questions please consult with your doctor, we are here to help!**