

Dear EPW Patient,

All medications, even over the counter, have the potential for risk. Please refer to the below list of medications commonly considered lower risk in pregnancy. Chronic, long term use of any medication may increase any potential risk.

The only NO risk medication is NO MEDICATION at all.

*Thank you,
EPW Providers*

APPROVED MEDICATIONS DURING PREGNANCY

TAKE ONE OF THESE FOR ALLERGY TYPE SYMPTOMS:

Benadryl (generic – diphenhydramine)

Claritin (generic – loratadine)

Zyrtec (generic – cetirizine hydrochloride)

CHOOSE ONE OF THESE FOR COUGH OR STUFFY NOSE:

Robitussin plain

Mucinex (generic – guaifenesin)

STUFFY NOSE ONLY:

Saline Nasal Spray

Breathe Right Strips

CHOOSE ONE OF THESE FOR RELIEF OF CONSTIPATION:

Colace (generic – docusate)

Senokot (generic – docusate sodium)

Benefiber

Milk of Magnesia

Magnesium Citrate

Miralax (generic – polyethylene glycol)

DIARRHEA

Imodium (generic – loperamide)

CHOOSE ONE OF THESE FOR INDEGESTION/UPSET STOMACH:

Zantac (generic – ranitidine)

Tagamet (generic – cimetidine)

Prevacid (generic – lansoprazole)

PAIN/DISCOMFORT:

Tylenol (Regular or Extra Strength) (generic – acetaminophen)

****** NO MOTRIN, IBUPROFEN, ADVIL OR ALEVE ******