

Medication Safety

Problem	Medication Recommendations
Heartburn, gas and bloating, upset stomach	Antacids for heartburn (Maalox, Mylanta, Rolaids, Tums)
Cough or cold	Simethicone for gas pains (Gas-X, Maalox Anti-Gas, Mylanta Gas, Mylicon) Guaifenesin, an expectorant (Hytuss, Mucinex, Naldecon Senior EX, Robitussin) Dextromethorphan, a cough suppressant (Benylin Adult, Robitussin Maximum Strength Cough, Scot-Tussin DM, Vicks 44 Cough Relief) Guaifenesin plus dextromethorphan (Benylin Expectorant, Robitussin DM, Vicks 44E) Cough drops, Vicks VapoRub Not safe to take: Cold remedies that contain alcohol The decongestants pseudoephedrine and phenylephrine, which can affect blood flow to the placenta
Pain relief, headache, and fever	Acetaminophen (Anacin Aspirin-Free, Tylenol)
Allergy relief	Chlorpheniramine, an antihistamine (Chlor-Trimeton allergy tablets) Loratadine, an antihistamine (Alavert, Cfaritin, Tavist ND, Triaminic Allerschews) Diphenhydramine, an antihistamine (Banophen, Benadryl, Diphenhist, Genahist)
Constipation, hemorrhoids, and diarrhea	Psyllium (Konsyl-D, Metamucil, Modane Bulk, Perdiem) Polycarbophil (Equalactin, Fiber-Lax, FiberNorm, Konsyl-Fiber, Mitrolan) Methylcellulose (Citrucel, Unifiber) Other laxatives and stool softeners (Colace, Dulcolax, Maltsupex, milk of magnesia) Hemorrhoid creams (Anusol, Preparation H, Tucks) Loperamide, anti-diarrhea medication (Imodium, Kaopectate II, Maalox Anti-Diarrheal, Pepto Diarrhea Control)

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Yeast infections and other fungal infections such as athlete's foot	Clotrimazole (Cruex, Gyne-Lotrimin 3, Lotrimin AF, Mycelex 7) Miconazole (Desenex, Femizol-M, Micatin, Monistat 3) Terbinafine (Lamisil AT) Tioconazole (Monistat 1, Vagistat 1) Butoconazole (Femstat 3, Mycelex 3) Butenafine (Lotrimin Ultra) Tolnaftate (Absorbine Athlete's Foot Cream, Absorbine Footcare, Genaspor, Tinactin) Undecylenic Acid and derivatives (Cruex, Desenex, Fungi Cure, Tinacide) Not safe to take: Certain antifungal products not listed here (Certain Cruex, Desenex, and Fungi Cure products may contain other antifungal agents not listed here that should not be used during pregnancy. Check labels carefully.)
Insomnia	Diphenhydramine (Benadryl, Maximum Strength Unisom SleepGels, Nytol, Sominex) Doxylamine succinate (Unisom Nighttime Sleep-Aid)
Itching	Hydrocortisone (Cortaid, Lanacort)
Cuts and scrapes	Polysporin