



# Aspen Medical Group, Inc.

[www.aspenmedgroup.com](http://www.aspenmedgroup.com)

## MEDICATIONS YOU CAN TAKE DURING YOUR PREGNANCY

1. **Robitussin DM liquid** (cough) 1 tablespoon every 4 hrs
2. **Sudafed, Actifed, Afrin Nasal spray** (runny nose)
3. **Tylenol 500 mg** (fever or pain, headache) 2 every 6 hrs
4. **Kaopectate** (diarrhea)
5. **Maalox, Rolaids, Tums** (heartburn)
6. **Fibercon, Colace** (constipation)
7. **Preparation H, Anusol** (hemorrhoids)
8. **Caladryl, Benadryl cream** (body rash or itching)
9. **Benadryl, Pepto Bismol** (nausea, vomiting)

**For nausea and vomiting:** Eat 5-6 small meals a day, snack on saltine crackers or other bland foods, no spicy or greasy foods.

**NOTE:** Viral infections (runny nose, cough without fever) cannot be treated with antibiotics. The symptoms can be reduced with the medications listed above. Antibiotics are used to treat bacterial infections only.