

# MEDICATIONS

you can take during  
your pregnancy...

THESE OVER-THE-COUNTER MEDICINES  
ARE GENERALLY BELIEVED TO BE SAFE  
TO TAKE DURING PREGNANCY.



## PAIN

- Acetaminophen

## DIARRHEA

- Kaolin and pectin
- Loperamide

## COUGH COLD ALLERGIES

- Chlorpheniramine
- Pseudoephedrine hydrochloride
- Diphenhydramine
- Clemastine fumarate

## HEARTBURN AND GAS

- Aluminum hydroxide magnesium hydroxide
- Calcium carbonate
- Simethicone
- Cimetidine
- Ranitidine
- Famotidine

Contact your doctor before taking – or stopping - any kind of prescription or over-the-counter medicine, as well as any herbal products. Be sure to first talk with your doctor and discuss what medication options are best for you and your baby.