



## Carolinah HealthCare System

### MEDICINES SAFE TO TAKE DURING PREGNANCY

\*\*AFTER THE FIRST TRIMESTER

<b>ALLERGY:</b>	Benadryl Claritin (D**) Zyrtec	<b>HEARTBURN:</b>	Mylanta Tums Maalox/Maalox Plus Pepcid AC Zantac Bean-O Gas-X Prilosec **
<b>COUGH/ COLD/ CONGESTION:</b>	Robitussin -plain or DM (with Codeine**) Triaminic Chloraseptic spray/lozenges Dristan nasal spray (no longer than 3 days) Afrin (no longer than 3 days) Mucinex Rinocort Sudafed ** Flonase ** Chlor-Trimeton** Tylenol Cold, Sinus, Flu, Multisymptom ** Dayquil Zicam Allegra** Singulair**	<b>NAUSEA:</b>	Emetrol B6/Unisom Dramamine
<b>DIARRHEA:</b>	Imodium	<b>INSOMNIA:</b>	Tylenol PM**
<b>CONSTIPATION:</b>	Citrucel FiberCon Metamucil Colace Surfak Miralax	<b>HEADACHE:</b>	Tylenol (Extra Strength**)
		<b>FEVER BLISTERS:</b>	Abreva Valtrex
		<b>ANTIBIOTICS:</b>	Z-pack Amoxicillin

**Generic Equivalent Acceptable**

### Charlotte OB/GYN

## 704/446-1700

Morehead Medical Plaza  
1025 Morehead Medical Dr., Suite 400  
Charlotte, NC 28204

Arboretum Prof. Park  
7810 Providence Rd., Suite 101  
Charlotte, NC 28226

Northcross Medical Park  
16455 Statesville Rd., Suite 480  
Huntersville, NC 28078

Morrocroft Medical Plaza  
4525 Cameron Valley Pkwy., Suite 2500  
Charlotte, NC 28211