



Sunrise Women's Healthcare

4540 East Baseline Road – Suite 114
Mesa, Arizona 85206

The following Over the Counter Medications are approved during Pregnancy and Breastfeeding:

Allergies: Claritin, Benadryl, Zyrtec, Sudafed

Antacid: Tums, Maalox, Mylanta Gaviscon, Pepcid AC, Rolaids

Cough/Cold: Dimetapp, Sudafed, Drixoril, Robitussin DM, Tylenol Cold preparations, throat lozenges, Chloraseptic Spray, Mucinex, Saline Nasal Spray
Constipation: Colace, Peri-Colace, Senokot, Metamucil, Prune Juice, Miralax, Milk of Magnesia

Gas Pain: Gas-X, Phazyme

Headache: Tylenol, Extra Strength Tylenol

Hemorrhoids: Preparation H, Tucks, Americaine, Anusol cream

Nausea/Vomiting: Dramamine, Unisom, Vitamin B-6 25 mg every 8 hours as needed

Sleep: Unisom, Tylenol PM, Benadryl

Stool Softener: Surlax, Dulcolax

Vaginitis/Yeast: Monistat 7 day Cream, Mycelex 7 Day Cream

The Flu Shot is Safe in Pregnancy

The above medications are to be used as directed. If your symptoms persist for over three (3) days, contact the office.