

**A Woman's Place of Fort Collins, PLLC**  
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For the following problems, here is a list of medications which are considered safe to use during pregnancy:

1. **Headache or Flu-like Symptoms:** TYLENOL ONLY (No aspirin products, ibuprofen, etc.)
2. **Cold, Allergy, or Sinus Congestion:** Tylenol Sinus, Sudafed, or Benadryl, especially at night to help you sleep.
3. **Cough:** Robitussin (plain) Cough Syrup or Cepacol Throat Lozenges.
4. **Diarrhea:** Metamucil, Citracel, or Immodium.
5. **Constipation:** Metamucil, Citracel, or Colace, and a lot of WATER.
6. **Heartburn:** Roloids, Tums, Maalox, Mylanta, or Gaviscon.
7. **Sleep Disturbance:** Unisom or Benadryl

**Please** call our office to make an appointment if your symptoms are not controlled by these medications.