

**SUGGESTED OVER-THE-COUNTER MEDICATIONS
FOR USE DURING PREGNANCY**

Upper Respiratory Infections:

Sinus congestion and colds - Plain Sudafed, Tylenol Sinus, Cool mist vaporizer
Antihistamines - Chlortrimetron, Actifed, Claritin, Benadryl, Zyrtec
Avoid nasal sprays, except for Saline only.

Sore Throat:

Lozenges - Cepacol, Chloraseptic
Cough drops - Halls, Vicks, or lemon drops

Headache, Pain, or Fever:

Tylenol or other acetaminophen products: 650-1000 mg every 6-8 hours (up to 3 gm/24 hours) as needed
If not relieved, call the office.

Heartburn:

Sodium-free antacids - Gaviscon, Maalox, Mylanta, Tums

Gas:

Simethicone products - Gas-X

Acid Reflux:

Prilosec, Zantac 75 mg 1 to 2 times daily

Constipation:

Stool softeners - Colace (Docusate Sodium), Fibercon, Metamucil (powder, capsules, or wafers)
Laxatives -Milk of Magnesia, Peri-Colace, Miralax

Diarrhea:

Kaopectate, Imodium, Imodium AD

Avoid dairy products and stop prenatal vitamins until diarrhea subsides. If not resolved in 24-36 hours, call the office.

Insect Bites and Rashes:

Lotions - Calamine, Caladryl, Hydrocortisone 1%
If rash is unusual or persists, call the office.

Hemorrhoids:

Preparation H, Anusol

Nausea:

Vitamin B6 50 mg 2/day, Unisom (doxylamine)

Sleep:

Unisom (doxylamine)

- This list has been compiled by Associates in Women's Health and is intended for use by our patients.
- This is not an all-inclusive list of medications. If you have questions about medications, please call our office.
- There are no "guarantees" regarding safety of medications in pregnancy, so avoid taking medications you do not need.
- Please follow package directions for all medications.