



## Common Over-the-counter Medications

\*\* Please be aware that extensive studies have not been performed on medication use during pregnancy. The list below includes medications that are considered generally safe to take while pregnant, but here is no medication that is considered 100% safe.

**Antacid:** Try Maalox, Mylanta, Roloids, or Tums first. If no relief, may try Zantac, Pepcid OTC, or Tagamet.

**Antihistamines:** Benadryl, Claritin, Zyrtec (PLAIN, not with decongestant)

**Constipation:** Fiber laxatives (Metamucil, Fiber-Con), Colace, and Miralax.

**Cough:** Non-alcohol containing preparations such as cough drops, chloraseptic, plain Robitussin, Robitussin DM, guaifenesin (Mucinex), and dextromethorphan.

**Decongestant:** Should be avoided before 12 weeks. AFTER 12 weeks, may take Sudafed, Sudafed Sinus & Headache, Actifed, Tylenol Sinus products, or Chlortrimeton.

**Diarrhea:** Imodium. NO lomotil or kaopectate.

**Gas:** Gas X, Mylicon, or Phazyme.

**Headache/ Pain:** Regular or extra-strength acetaminophen (Tylenol), Excedrin Tension Headache. NO ibuprofen (Motrin, etc.), naproxen (Aleve), or aspirin unless directed by a physician or nurse practitioner.

**Hemorrhoids:** Preparation H, Tucks, Anusol.

**Nasal Sprays:** Saline nasal spray. Rhinocort.

**Nausea:** Emetrol. Vitamin B6 25mg combined with Unisom 25 mg at bedtime daily. May also take additional 25 mg Vitamin B6 in the morning.

**Prenatal Vitamins:** May use prescription or over-the-counter vitamins. Need to take daily.

**Yeast Infections:** We prefer you call our office first, as you may need to be seen to rule out other infections. May try Monistat 3 or 7 day.

*MotherToBaby.org has excellent information on medications and more in pregnancy.*