

Approved Over the Counter Medications for Pregnant Women

The following over-the-counter medications may be taken safely during pregnancy. Please remember that “non-drug” treatment should be attempted first, then if there is no relief, you may use the following guidelines:

Cold or Sinus

Tylenol Products (1-2 every 4hours)

Guaifenesin

Sudafed

Actifed

Dimetapp

Robitussin DM

Saline nasal spray

Allergies

Benadryl

Tylenol cold and sinus

Claritin

Claritin D

Zyrtec

Alavert

Mucinex

Heartburn

Riopan Plus (or any low sodium antacid)

Maalox

Tums (do NOT take with prenatal vitamin, the calcium prevents absorption of iron)

Mylanta

Pepcid Complete

Zantac

Prilosec OTC

Nausea

Vitamin B-6 (100mg 3 times a day)

Ginger Root

Emetrol

Sea Bands

Ginger tea

Dramamine

Vomiting

Bowel rest, then clear liquids. Consult your physician for any other recommendations

Headaches

Tylenol or Tylenol Extra Strength (1-2 every 4-6 hours)

Sore Throat

Chloraseptic

Cepacol lozenges

Sucrets

Constipation

Increase water intake

Increase fiber in diet

Colace

Surfak stool softener

Senakot

Doxidan

Metamucil

Fibercon

Pericolace

Warm prune juice

Apple juice

Milk of Magnesia (limited, only if severe)

Diarrhea

Bowel rest, then clear liquids

Immodium AD

Fibercon

Hemorrhoids

Tucks

Anusol suppositories

Preparation H

NO HEAT, use room temperature sitz bath

Leg Cramps

Caltrate

Calcium

Nosebleeds

Saline nasal spray

Urinary Tract Infections (UTI)

Increase water intake

AZO Standard (blue)

Uristat

Yeast Infections

Monistat 3 or 7 days

When using cream, only insert application ½ way into the vagina. Then if no improvement, call the nurse to discuss other options or schedule appointment.