

## **Over the counter medications safe to take in pregnancy**

You may follow the dosing instructions on the package.  
Generics of any of the below medications are ok as well.

### **For fever, pain, headache:**

- Tylenol (regular or extra strength)
- Do not take aspirin or ibuprofen (unless instructed by your doctor)

### **For cold, congestion, allergies:**

- Robitussin DM for cough
- Benadryl, Sudafed (avoid in 1<sup>st</sup> trimester) for nasal congestion
- Claritin, Zyrtec, Flonase, saline nasal spray for seasonal allergies
- Chloraseptic, lozenges, cough drops for sore throat

### **For nausea:**

- Eat small meals. If unable to tolerate solids, concentrate on clear liquids (broth, jello, apple/cranberry juice).
- Ginger tea/candy
- Seasickness wristbands
- Vitamin B6 25mg three times a day
- Unisom (doxylamine) ½ tab twice a day

### **For constipation:**

- Keep well-hydrated, exercise, incorporate fiber and prunes into your diet
- Fiber supplements such as Metamucil or Fibercon,
- Docusate
- Milk of magnesia (only for severe constipation)
- Simethicone helps with gas pain

### **For hemorrhoids:**

- Prevent constipation as above
- Preparation H, Anusol, Tucks, witch hazel pads

### **For heartburn:**

- Sit upright, don't lay flat for 2 hours after eating, avoid spicy foods
- Tums, Mylanta, Maalox, Pepcid AC, Prilosec OTC

### **For vaginal yeast infections:**

- Monistat (3 or 7 day course work best)
- Vagisil may be used for vaginal itching

### **For rash, itching, bug bites:**

- Calamine or Benadryl lotion
- 1% hydrocortisone cream