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 1st 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

Updated 1.2.2020