

OVER THE COUNTER MEDICATIONS SAFE IN PREGNANCY

- **For Allergies:**
 - Benadryl
 - Claritin (if no high blood pressure)
 - Zyrtec
- **For Cold & Flu:**
 - Tylenol (acetaminophen) or Tylenol Cold
 - Warm Salt/water gargle
 - Saline nose drops or spray
 - Sudafed
 - Actifed
 - Dristan
 - Neosynephrine
 - Robitussin DM
 - Trind-DM
 - Vicks cough syrup
 - Romilar
 - Halls
 - Chlorpheniramine (Chor-Trimeton)
 - Clemastine fumarate (Tavist)
 - Mucinex or Mucinex DM
 - WARNING:** do not take SA (sustained action) forms of these drugs or the Multi symptoms.
 - DO NOT TAKE NYQUIL**
- **For Constipation:**
 - Metamucil (any fiber supplement)
 - Senekot
 - Colace
 - Milk of Magnesia, Miralax
 - Fiberall/Fibercon
 - Citrucil
- **For Diarrhea:** (for 24 hours only, and only after the 12th week of pregnancy)
 - Immodium
 - Parepectolin
- **First Aid Ointment:**
 - J & J, Bacitracin
 - Neosporin
 - Polysporin
- **For Headaches:**
 - Magnesium Oxide
 - COQ10
 - Acetaminophen (Tylenol)
 - Excedrin Migraine
- **For Heartburn:**
 - Mylanta
 - Maalox
 - Tums
 - Titralac
 - Gaviscon
 - Prilosec
 - Zantac
 - Tagamet
 - Pepcid
 - Roloids
 - Nexium
 - Prevacid
- **For Hemorrhoids:**
 - Preparation H
 - Anusol
 - Tucks
 - Witch Hazel
- **For Nausea & Vomiting**
 - Vitamin B 6 100mg tablet/Unisom
 - Emetrol (if no diabetes)
 - Emetrex
 - Sea Bands
 - Ginger (but not in large quantities)
- **For Rashes:**
 - Hydrocortisone cream or ointment
 - Caladryl lotion or cream
 - Benadryl cream
 - Oatmeal bath (Aveeno)
- **For Yeast Infections:**
 - Monistat
 - Terazol
 - WARNING:** do not insert applicator too far.