

## **OVER THE COUNTER MEDICATIONS THAT MAY BE TAKEN DURING PREGNANCY**

**ALLERGY:** Benadryl, Claritin (if no high blood pressure), Zyrtec

**COLD and FLU:** Tylenol (acetaminophen), 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, Mucinex DM

**NOTE: do not take SA (sustained action) forms of these drugs or the Multi symptoms.**

**CONSTIPATION:** Metamucil (any fiber supplement), Senekot, Colace, Milk of Magnesia, Fiberall/Fibercon, Citrucil

**DIARRHEA:** For 24 hours only, and only after the 12 the week of pregnancy:, Immodium, Parepectolin

**FIRST AID OINTMENT:** J & J, Bacitracin, Neosporin, Polysporin

**HEADACHE:** Acetminophen (Tylenol)

**HEARTBURN:** Riopan, Maalox, Mylanta, Tums, Titralac, Gaviscon, Prilosec, Zantac, Tagamet, Pepcid, Roloids, Nexium, Prevacid

**HEMORRHOIDS:** Preparation H, Anusol, Tucks, Witch Hazel

**NAUSEA and VOMITING:** Vitamin B 6 100 mg tablet, Emetrol,(if no diabetes), Emetrex, Sea Bands, Ginger (NOTE: Ginger in large quantities is not recommended)

**RASHES:** Hydrocortisone cream or ointment, Caladryl lotion or cream, Benadryl cream, Oatmeal bath (Aveeno)

**YEAST INFECTION:** Monistat or Terazol – **Note: do not insert applicator too far.**

