

# Over The Counter Medications For Use During Pregnancy

## DID YOU KNOW?

**9 in 10**

women in the United States take a medicine during pregnancy, but not all medicines are safe to take during pregnancy.

\*\* Do not use Ibuprofen or Aspirin unless directed by your OB provider.



ILLNESS	MEDICATIONS	
<b>Common Cold and Cough</b>	<ul style="list-style-type: none"> <li>• Mucinex (Guaifenesin)</li> <li>• Robitussin (Dextromethorphan)</li> <li>• Delsym (Dextromethorphan)</li> <li>• Sudafed (pseudoephedrine)- plain only</li> <li>• Tylenol cold and sinus</li> <li>• Throat Lozenges/Cough Drops</li> </ul>	<ul style="list-style-type: none"> <li>• Saline spray</li> <li>• Vicks</li> <li>• Increase Fluids</li> <li>• Hot water with honey and lemon</li> <li>• Humidifier</li> </ul>
<b>Gas</b>	<ul style="list-style-type: none"> <li>• Mylanta</li> <li>• Simethicone</li> </ul>	<ul style="list-style-type: none"> <li>• Gas-X</li> </ul>
<b>Yeast</b>	<ul style="list-style-type: none"> <li>• Monistat</li> <li>• Diflucan</li> </ul>	<ul style="list-style-type: none"> <li>• Gyne-Lotrimin</li> </ul>
<b>Hemorrhoids</b>	<ul style="list-style-type: none"> <li>• Anusol</li> <li>• Tucks Pads</li> <li>• Witch Hazel Pads</li> </ul>	<ul style="list-style-type: none"> <li>• Hydrocortisone topical</li> <li>• Preparation H</li> </ul>
<b>Nausea/Vomiting</b>	<ul style="list-style-type: none"> <li>• Ginger Products</li> <li>• Vitamin B6</li> <li>• Unisom</li> <li>• Dramamine</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin B6 (25mg) with unisom (25mg)</li> <li>• Preggie Pops</li> <li>• Saltine Crackers</li> <li>• Frequent small meals</li> </ul>
<b>Constipation</b>	<ul style="list-style-type: none"> <li>• Colace (Docusate sodium)</li> <li>• Dulcolax (Bisacodyl)</li> <li>• Miralax (Polyethylene glycol)</li> <li>• Milk of Magnesia (Magnesium hydroxide)</li> </ul>	<ul style="list-style-type: none"> <li>• Metamucil</li> <li>• Prune Juice</li> <li>• Glycerin suppository</li> <li>• Increase fluids and fiber (bran, green leafy vegetables, apples)</li> </ul>
<b>Sinus/Allergies</b>	<ul style="list-style-type: none"> <li>• Benadryl (Diphenhydramine)</li> <li>• Claritin (Loratadine)</li> <li>• Zyrtec (Cetirizine)</li> </ul>	<ul style="list-style-type: none"> <li>• Allegra (Fexofenadine)</li> <li>• Saline nasal spray/drops/rinse</li> <li>• Humidifier</li> </ul>
<b>Itching</b>	<ul style="list-style-type: none"> <li>• Benadryl (Diphenhydramine)</li> <li>• Oatmeal Bath</li> </ul>	<ul style="list-style-type: none"> <li>• Apply lotion directly after shower</li> </ul>
<b>Pain/Fever/Headache</b>	<ul style="list-style-type: none"> <li>• Tylenol (Acetaminophen)</li> <li>• Caffeine (max dose 200mg/day)</li> </ul>	<ul style="list-style-type: none"> <li>• Increase Fluids</li> </ul>
<b>Heartburn</b>	<ul style="list-style-type: none"> <li>• Prilosec (Omeprazole)</li> <li>• Maalox</li> <li>• Mylanta</li> </ul>	<ul style="list-style-type: none"> <li>• Tums (calcium carbonate)</li> <li>• Zantac 360</li> <li>• Pepcid (Famotidine)</li> </ul>
<b>Diarrhea</b>	<ul style="list-style-type: none"> <li>• Imodium (Loperamide)</li> </ul>	<ul style="list-style-type: none"> <li>• Increase fluids</li> </ul>
<b>Insomnia</b>	<ul style="list-style-type: none"> <li>• Benadryl (Diphenhydramine)</li> </ul>	<ul style="list-style-type: none"> <li>• Unisom (Doxylamine)</li> </ul>