

# OVER THE COUNTER MEDICATIONS THAT ARE SAFE DURING PREGNANCY

## **Headache / Pain / Fever**

Tylenol (regular or extra strength)

## **Cold / Congestion**

Sudafed or Actifed

Saline nose drops

Vicks Vapor Rub

## **Cough**

Robitussin (Plain or DM)

## **Heartburn / Gas**

Tums, Rolaids, Pepcid, Mylanta, Maalox

Gas X

## **Nausea / Vomiting**

Dramamine, Emetrol, Meclizine

Doxylamine 25mg at bedtime and add Vitamin B6 25mg up to three times a day

## **Diarrhea**

Imodium AD, Kaopectate

## **Minor Rashes**

Calamine lotion

Benadryl cream or Hydrocortisone cream

## **Constipation**

Stool Softener – Colace or Surfax

Metamucil, Fiberall, or Miralax

Milk of Magnesia

## **Hemorrhoids**

Anusol suppositories

Preparation H or Tucks

## **Allergies**

Claritin, Benadryl, Allegra, Zyrtec

## **Difficulty Sleeping**

Tylenol PM