

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