

OVER THE COUNTER MEDICATIONS SAFE TO USE DURING PREGNANCY

(Just follow the instructions on the bottle)

FEVER / HEADACHE / BODY ACHES

- Acetaminophen (Tylenol): regular or extra strength
- **AVOID:** aspirin containing products and ibuprofen unless under the instruction of your provider

NAUSEA / VOMITING

- Vitamin B6 50mg: 1-3 times per day
PLUS
- Doxylamine succinate (Unisom SleepTabs) 1-3 time per day as follows:
 - ½ tablet in the morning and/or mid-afternoon, and 1 tablet at bedtime
- Ginger tea, ginger ale, ginger chews, etc
- Sea bands, acupuncture
- Peppermint oil aromatherapy
- Flat coke

CONSTIPATION / HEMORRHOIDS

- WATER: about 1-2 cups of water every hour during the day while awake
- Fiber supplements: Citrucel, Fibercon, Metamucil, bran cereal
- Stool softeners: Colace (docusate), Pericolace, Senekot
- Milk of Magnesia
- Glycerin rectal suppositories
- Miralax
- Prunes
- Preparation H (phenylephrine HCL 1%)
- Tucks pads (witch hazel wipes/compresses)
- Anusol (Hydrocortisone topical or suppositories)

COLD / FLU / CONGESTION / ALLERGY

- Any Tylenol (acetaminophen) products (regular, extra strength, cold/sinus)
- Sudafed original or new
- Any Robitussin product
- Triaminic
- Benadryl
- Theraflu
- Chloraseptic/throat lozenges, cough drops
- Mucinex
- Claritin, Zyrtec, Allegra
- Saline nose drops/sprays
- Flonase
- Vicks Vapor Rub

HEARTBURN / REFLUX / INDIGESTION / UPSET STOMACH / GAS

- Tums, Rolaids (but too much can cause constipation)
- Mylanta, Maalox (but too much can cause diarrhea)
- Pepcid (famotidine)
- Gas X (simethicone), Mylicon, Phazyme

DIARRHEA

- Imodium
- Kaopectate
- Pepto Bismol
- BRAT Diet: bananas, white rice, applesauce, black tea, avoid dairy for at least 24 hours
- Gatorade, Pedialyte

YEAST INFECTIONS

- Monistat 7 day treatment (miconazole)
- Gyne-Lotrimin (clotrimazole)

ANEMIA

- Slow-Fe
- Vitron C