OVER THE COUNTER MEDS SAFE IN PREGNANCY

Nausea	Vit B6 100mg tablet, Ginger, Frequent snacks, fluids
Heartburn	Antacids (Maalox, Mylanta, Rolaids, Tums, Zantac, Tagamet, Pepcid AC)
Gas pains	Simethicone (Gas-x, Maalox Anti-gas, Mylanta Gas, Mylicon)
Cough or cold	Guaifensein (Hytuss, Mucinex, Naldecon Senior EX, Robitussin) Dextromethorphan (Benylin, Scot-Tussin DM, Vicks 44 Cough Relief) Guaifensein plus dextromethorphan (BenylinExpectorant, Robitussin DM, Vicks 44E) cough drops, vicks vapor rub *Avoid medications that contain alcohol or the decongestants pseudoephedrine and phenylephrine*
Sore throat	Cepacol lozenges, mouthwash, chloroseptic spray
Allergy relief	Chlorpheniramine (Chlor-Trimeton allergy tablets, Zyrtec) Loratadine (Alavert, Claritin, Tavist ND, Triaminic allerchews, Flonase) Diphenhydramine (Nasacort, Benadryl, Diphenhist, Genahist)
Constipation	Psyllium (Konsyl-D, Metamucil, Modane Bulk, Perdiem) Polycarbophil (Equalactin, Fiber-Lax, FiberNorm, Konsyl-Fiber, Mitrolan) Methylcellulose (Citrucel, Unifiber) Stool softeners (Colace, Dulcolax, Maltsupex, Milk of magnesia)
Hemorrhoids	Anusol, Preparation H, Tucks
Diarrhea	Imodium, Kaopectate II, Maalox Anti-Diarrheal
Yeast Infections	Clotrimazole (Cruex, Gyne-Lotrimin 3, Lotrimin, Mycelex 7) Miconazole (Desenex, Femizol-M, Micatin, Monistat 3) Terbinafine (Lamisil AT) Tioconazole (monistat 1, Vagistat 1) Butoconazole (Femstat 3, Mycelex 3) Butenafine (Lotrimin Ultra) Tolnafate (absorbine Athlete's Foot Crem, Absorbine Footcare, Genaspor, Tinactin) Undecylenic Acid (curex, Desenex, Fungi cure, Tinacide)
Insomnia	Diphenhydramine (Benadryl, , Nytol, Sominex) Doxylamine succinate (Maximum Strength Unisom sleepgels)
First-aid	Hydrocortisone (Cortaid, Lanacort) Polysporin, Neosporin, A&D ointment, Aveeno oatmeal bath, Benadryl cream
Headaches	Acetaminophen (Tylenol), Caffeine, Rest