



Over the Counter Meds and Remedies That are Safe in Pregnancy

Allergy relief

- ◇ **Chlorpheniramine** (Chlor-Trimeton Allergy Tablets, Zyrtec)
- ◇ **Diphenhydramine** (Benadryl, Diphenhist, Genahist, Nasacort)
- ◇ **Loratadine** (Alavert, Claritin, TavistND, Triaminic allerschews, Flonase)

Cough or cold

- ◇ **Cough Drops**
- ◇ **Dextromethorphan** (Benylin, Scot-Tussin DM, Vicks 44 Cough Relief)
- ◇ **Guaifensein** (Hytuss, Mucinex, Naldecon Senior EX, Robitussin)
- ◇ **Guaifensein plus Dextromethorphan** (Benylin Expectorant, Robitussin DM, Vicks 44E)
- ◇ **Vicks Vapor Rub**

Avoid medications that contain alcohol or the decongestants pseudoephedrine and phenylephrine

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)

Diarrhea

- ◇ **Imodium**
- ◇ **Kaopectate II**
- ◇ **Maalox Anti-Diarrheal**

First-aid

- ◇ **A&D Ointment**
- ◇ **Aveeno Oatmeal Bath**
- ◇ **Benadryl Cream**
- ◇ **Hydrocortisone** (Cortaid, Lanacort)
- ◇ **Neosporin**
- ◇ **Polysporin**

Gas Pain

- ◇ **Simethicone** (Gas-x, Maalox Anti-gas, Mylanta Gas, Mylicon)

Headaches

- ◇ **Acetaminophen** (Tylenol)
- ◇ **Caffeine**
- ◇ **Rest**

Heartburn

- ◇ **Antacids** (Maalox, Mylanta, Pepcid AC, Rolaids, Tagamet, Tums, Zantac)

Hemorrhoids

- ◇ **Anusol**
- ◇ **Preparation H**
- ◇ **Tucks Pads**
- ◇ **Witch Hazel**

Insomnia

- ◇ **Diphenhydramine** (Benadryl, Nytol, Sominex)
- ◇ **Doxylamine succinate** (Maximum Strength Unisom Sleepgels)
- ◇ **Tylenol PM** (Acetaminophen and Diphenhydramine)

Nausea

- ◇ **Fluids**
- ◇ **Frequent Snacks**
- ◇ **Ginger**
- ◇ **Vitamin B6** 100mg tablet

Sore throat

- ◇ **Cough Drops**
- ◇ **Cepacol Lozenges**
- ◇ **Chloroseptic spray**
- ◇ **Mouthwash**

Yeast Infections

- ◇ **Butoconazole** (Femstat 3, Mycelex 3)
- ◇ **Butenafine** (Lotrimin Ultra)
- ◇ **Clotrimazole** (Cruex, Gyne-Lotrimin 3, Lotrimin, Mycelex 7)
- ◇ **Miconazole** (Desenex, Femi-zol-M, Micatin, Monistat 3)
- ◇ **Terbinafine** (Lamisil AT)
- ◇ **Tioconazole** (Monistat 1, Vagistat 1)

