



# Over the Counter Meds and Remedies That are Safe in Pregnancy

## Allergy relief

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

## Cough or cold

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- ◇ **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

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- ◇ **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

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

## First-aid

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

## Gas Pain

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

## Headaches

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

## Heartburn

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

## Hemorrhoids

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

## Insomnia

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

## Nausea

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

## Sore throat

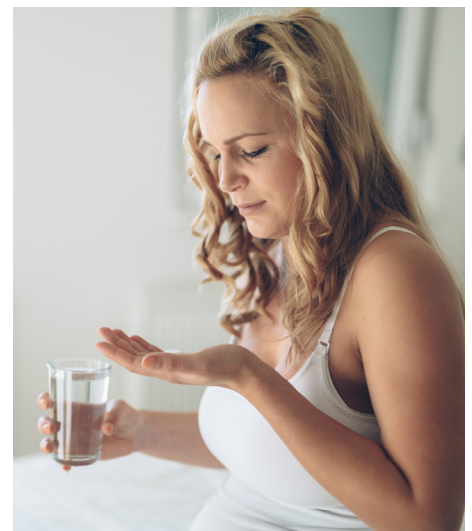
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- ◇ **Cough Drops**
- ◇ **Cepacol Lozenges**
- ◇ **Chloroseptic spray**
- ◇ **Mouthwash**

## Yeast Infections

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- ◇ **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)



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