

OTC medications in pregnancy

Note: Use medications sparingly in the first 14 weeks of pregnancy.

Allergies:

Benadryl
Claritin
Allegra
Zyrtec
Chlor-Trimeton
Dimetapp

Cold, congestion, sore throat:

Nasal Saline
Afrin nasal spray (do not use more than 3 days)
Cepacol throat lozenges
Chloraceptic Spray
Triaminic
Flonase nasal spray
Sudafed (pseudoephedrine) ** do not use in 1st trimester or if high BP (need to get from pharmacist)
Tylenol (do not exceed 3000mg/ 24 hours)

Cough:

Robitussin liquid
Mucinex
Any cough drop

Headache/ mild pain:

Tylenol do not exceed 3000mg/ 24 hours
Excedrin Migraine
Icy Hot cream (muscle pain)
Bengay cream (muscle pain)

Heartburn/ gas/ acid reflux:

Tums
Maalox
Mylanta
Pepcid
Prevacid
Nexium
Gas-x
Phazyme
Gaviscon
Rolaids

Diarrhea:

Imodium

Constipation:

Increase water and fiber intake

Colace

Dulcolax

Milk of Magnesia

Miralax

Benefiber

Metamucil

FiberCon

Hemorrhoids:

Anusol

Tucks pads

Preparation H

Witch Hazel

Sitz baths with or without epsom salt

Lidocaine ointment

Nausea:

Small frequent meals

Sea Bands

Unisom 25mg at bedtime

Vitamin B6 (50-100mg twice a day)

Ginger ale, ginger tea

Emetrol

Insomnia/ Sleep aid:

Tylenol PM

Unisom

Benadryl

Leg Cramps:

Coconut water

Caltrate

Calcet

Viactiv

Calcium, Magnesium supplement

Bananas

Yeast Infection:

OTC Monistat, call if no symptom relief

Painful urination:

Call OBGYN office