Over-the-counter medications that may be used during pregnancy

Note: Be sure to call the office before taking any medication that is not on this list. Take each medication as directed on the package.

ALLERGIES
- Claritin (loratidine)
- Benadryl (diphenhydramine)*
- Cetirizine
- Zyrtec

SINUS CONGESTION
- Sudafed PE (phenylephrine)
- Sudafed (pseudoephedrine)
- TYLENOL Sinus
- Saline Nasal Spray
- Cool mist humidifier

SINUS CONGESTION/ALLERGIES
- Chlor-Trimeton plus decongestant (chlorpheniramine maleate/pseudoephedrine)*
- Claritin-D
- TYLENOL Sinus & Allergy*
- TYLENOL Cold & Sinus*
- Mucinex

PAIN
- TYLENOL Regular or Extra-Strength (acetaminophen)
- Heating pad
- Warm bath

COUGH
- Cough drops
- Robitussin DM (guaifenesin)
- Cool mist humidifier

SORE THROAT
- Warm salt gargle (1 tsp. salt per 8 oz. water)
- Chloraseptic spray
- Throat lozenges, peppermint, Luden’s throat drops
- If lasts longer than 2-3 days, or if accompanied with fever over 101, call office

INDIGESTION/HEARTBURN/GAS
- Tums Regular or Extra-Strength
- Zantac 75mg (ranitidine HCL)
- Pepcid (famotidine)
- Tagamet (cimetidine)
- Mylanta
- Gas-X (simethicone)

CONSTIPATION
- Increase water, fruits and vegetables in diet (prunes or bran cereal)
- Metamucil or Citrucel on a regular basis
- Milk of Magnesia (occasional use)
- Colace (docusate sodium)
  - stool softener

DIARRHEA
- Imodium AD (loperamide)
- BRATT diet (bananas, rice, applesauce, tea, toast)

HEMORRHOIDS
- Anusol suppository or ointment
- Preparation-H
- Tucks pads (to use externally)
- Avoid constipation

NAUSEA/VOMITING
- Eat small frequent meals, dry crackers first thing in the morning
- Ginger snaps
- Ginger Ale
- Bonine/Antivert (meclizine)*
- Benadryl (diphenhydramine)*
- Dramamine (dimenhydrinate)*
- Emetrol liquid
- Unisom (doxylamine)

DRY SKIN/RASH
- Lubriderm or Eucerin lotion
- Calamine Lotion
- Aveeno Oatmeal bath
- Hydrocortisone 1% cream
- Benadryl (diphenhydramine)*
  - If lasts longer than 3 days, call office

DIFFICULTY SLEEPING
- Warm bath
- Warm milk before bed
- Hot chamomile tea
- Tylenol PM (occasional use)*

The name in (parenthesis) is the generic form of each medication. An * indicates that the medication may cause drowsiness.