

Safe Over-the-Counter Medications to use during Pregnancy

Acne	Cetaphil Gentle Skin Cleanser, Cerave Hydrating Cleanser, Glytone (Benzoyl Peroxide)
Allergy	Alavert/Claritin (Loratadine), Benadryl (Diphenhydramine), Zyrtec (Cetirizine)
Constipation	Citrucel/Unifiber (Methycellulose), Colace (Docusate Sodium), Fiberall/FiberCon (Calcium Polycarbophil), Metamucil (Psyllium), Mineral Oil - one ounce in juice, ClearLax/MiraLax (Polyethylene Glycol 3350)
Cough	**Avoid all cough syrups containing alcohol or Dextromethorphan** Mucinex (Guaifenesin) *Any cough syrup with <u>only</u> Guaifenesin is okay to take
Diarrhea	Imodium (Loperamide)
Fever	Tylenol (Acetaminophen) *Take 650 mg every 4 hours for a temperature higher than 100.4 degrees F. If fever lasts more than 12 hours call your healthcare provider*
Gas	Gas-X chewable tablets/Maalox Anit-Gas/Mylanta Gas Maximum Strength Chewable tablets (Simethicone), Mylanta Maximum Strength Liquid/Maalox Advanced Maximum Strength Liquid (Aluminum Hydroxide, Magnesium Hydroxide, Simethicone)
Heartburn	Gaviscon (Aluminum Hydroxide, Magnesium Carbonate), Maalox Tablets/Roloids/Titralac/Tums (Calcium Carbonate) *Take less than 2,000 mg, Maalox Advanced Regular Strength Liquid/Mylanta Regular Strength Classic Liquid (Aluminum Hydroxide, Magnesium Hydroxide, Simethicone), Pepcid AC (Famotidine), Zantac (Ranitidine), Omeprazole (Prilosec)
Headache / Migraine	Try Tylenol first: Tylenol *Take 650-1000 mg every 4 hours as needed. Do not exceed 4,000 mg in 24 hours. Can take Excedrin migraine (1 tablet every 12 hours) + Tylenol (up to 500 mg with Excedrin).
Hemorrhoids	Anusol-HC Hemorrhoidal Ointment/Preparation H Hydrocortisone (Hydrocortisone), Preparation H (Phenylephrine, Pramoxine, Glycerin, Petrolatum) Tuck Pads (Witch Hazel)
Nausea, Vomiting Motion Sickness	Ginger Tabs (Ginger), Vitamin B-6 *25 mg 4 times a day, Unisom Sleep Tabs (Doxylamine Succinate) *Take 1/2 of 25 mg and the Vitamin B-6
Pain	Tylenol (Acetaminophen) *Take 650-1000 mg every 4 hours as needed. Do not exceed 4,000 mg in 24 hours.
Rash	Aveeno Soothing Bath Treatment (Colloidal Oatmeal), Caladryl Clear Lotion (Praxomizine, Zinc Acetate), Calamine Lotion with Zinc Oxide, Cortaid 1% (Hydrocortizone), Gold Bond Medicated Anit-itch Cream (Methol, Pramoxine)
Sinus Congestion and Cold	Ocean Mist Nasal Spray (Saline nasal spray)
Sleep Problems	Unisom SleepTabs (Doxylamine Succinate)
Sore Throat	Cepacol Maximum Strength Sore Throat Spray/Sucrets Lozenges (Dyclonine Hydrochloride), Halls/Robitussin Lozenges (Menthol)
Vaginal Yeast Infection	Gynazole-1 (Butoconazole), Gyne-Lotrimin (Clotrimazole), Monistat 7 Vaginal Cream (Miconazole)