



Safe Over the Counter Medications for Pregnancy

PROBLEM	Brand Name	Generic Name	
Allergies	Benadryl, Claritin, Alavert, Zyrtec	Diphenhydramine, Loratidine,	
Cold and Nasal Congestion	Benadryl, Claritin, flonase nasal saline spray	Diphenhydramine, Loratidine	Increase fluids
Chest Congestion	Mucinex	Guaifenesin	Increase fluids
Cough	Robitussin, Vicks Formula 44, Halls cough drops	Guaifenesin Lemon drops Zinc lozengers	Increase fluids
Sore Throat	Choraseptic Spray Cepacol lozengers		Salt water gargle
Headache	Tylenol Extra Strength Tylenol	Acetaminophen	Take 3 regular or 2 extra strength, max of 4 times daily
Pain/Fever	Tylenol	Acetaminophen	
Tooth ache	Tylenol Ora-gel Ambusol	Acetaminophen	
Heartburn/acid reflux	Tums, Rolaid, Maalox, Mylanta, Pepcid, Zantac, Tagament	Calcium Carbonate Omeprazole, Famotidine Ranitidine	Avoid Caffeine and spicy foods Sleep with 2 pillows
Nausea/Vomiting	Liquid emetrol Vitamin B6 and Unisom Candied Ginger Ginger Capsules Mylanta, Maalox		Vit B6 25 mg with Unisom ½ tab, 3 times a day
Gas	Di-Gel Gas X	Simethicone	
Constipation	Metamucil, Colace, Milk of Magnesium, Citrucel, Fibercon, Senokot	Psyllium, Docusate, Magnesium Hydroxide	Increase fluids, walk 30 minutes daily Prune juice, green vegetables
Diarrhea	Kaopectate, Imodium	Loperamide, Kaolin, Pectin	Increase fluids
Hemorrhoids	Anusol cream, Witch hazel, Tucks packs, Preparation H	Hydrocortisone Cream	
Vaginal Itching	Monistat 3 or 7 day Gyne-Lotrimin Gynasole1 Mycolog Cream	Miconazole Clotrimazole	
Rash or Itching	Benadryl lotion or orally Calamine lotion Aveeno Oatmeal bath Cortaid Cream		
Back Pain	Tylenol, Ben-Gay, Icy Hot (no aspirin formulations)		Stretching, heating pad
Insomnia/difficulty sleeping	Benadryl, Unisom, Tylenol PM	Diphenhydramine, doxylamine	

No Tobacco, Smoking, Alcohol, Aspirin, Motrin (Ibuprofen), Aleve (Naproxen), Pepto-Bismol, Sudafed, Alka-Seltzer.

Avoid: Products with phenylephrine, pseudoephedrine, dextromethorphan in first trimester and in entire pregnancy if you have elevated blood pressure

Pregnancy Guidelines

Okay to:

See the dentist

Have a manicure/pedicure

Massage and chiropractors

Have intercourse: some spotting of blood may occur from the cervix, so don't be alarmed

Eat fruits and vegetable: wash thoroughly

Dye, color or perm hair: after 14 weeks

Eat 2-3 servings of cooked seafood or fish a week

(avoid shark, mackerel, tile fish kingfish and swordfish)

Recommend to:

Use mosquito spray: need to use one with DEET

Exercise

Drink plenty of water

Cook, heat deli meats (ham, turkey, roast beef)

NO:

Raw meat, fish, or eggs

Motrin, Ibuprofen

aspirin, naproxen, aleve

Smoking, tobacco

Alcohol

