

Suggested Over-the-Counter Medications for use during pregnancy:

The following is a list of drugs commonly asked about during pregnancy. While no drug is guaranteed to be 100% safe, the following are considered to be safe when taken properly for the listed indications. This list is not comprehensive and any questions or concerns about any medications should be directed to the OB nurses or physicians. Likewise, if you have any chronic medical conditions (e.g. hypertension) please consult the OB nurses or physicians before taking any medications.

Pain Relief/Headache/Fever

- Tylenol (acetaminophen) 650mg to 1,000mg every 4 hours as needed
- *NO ibuprofen products (e.g. Advil, Aleve, Nuprin, Excedrin, Motrin, etc)
- *NO aspirin products (e.g. Bayer, St. Joseph, etc)

Cold/Congestion/Sore Throat

- Tylenol Cold, Tylenol Sinus, Sudafed, Dimetapp (2nd & 3rd trimesters)
- Robitussin or Robitussin DM
- Cough Drops: Halls, Vicks or lemon drops
- Lozenges: Cepacol, Chloroseptic spray
- Saline Nasal Spray (e.g. Ocean Mist)
- Vicks Vapo Rub

Seasonal Allergies

- Claritin
- Claritin D (2nd & 3rd trimesters)
- Benadryl

Heartburn

- Acid blockers: Pepcid AC, Tagamet, Prilosec
- Sodium-free antacids: Gaviscon, Maalox, Mylanta, Tums
- Combination product: Pepcid Complete

Gas

- Mylicon 80 chew tabs, Gas-X, Mylanta II (with simethicone)

Nausea

- Emetrol,
- Dramamine
- Sea Bands

Constipation

- Stool softeners: Colace, Surfak
- Fiber Products: Citrucel (tablets or powder), Metamucil (capsules, powder or wafers), Fibercon
- Mild Laxative: Milk of Magnesia

Hemorrhoids

- Preparation H, Anusol, Tucks Medicated Pads

Diarrhea

- Imodium, Imodium AD, Kaopectate

Insomnia

- Tylenol PM, Benadryl