



Keep me on the fridge for quick reference! ©

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What can I take (over the counter) while I'm pregnant?

| Condition | Safe Medications (store brand equivalents are acceptable) |
|------------------------------------|--|
| <i>Allergy</i> | Benadryl |
| <i>Cold and Flu/ Sinus</i> | Tylenol (acetaminophen) or Tylenol Cold; Warm salt water gargle; Saline nasal drops; Saline nose spray; Sudafed, Actifed Cold and Sinus, Throat Lozenges |
| <i>Constipation</i> | Metamucil, Citrucel, Fiberall/ Fibercon, Colace, Senekot Milk of Magnesia (occasional use) <i>* First- try adding 2 tablespoons of unprocessed wheat bran to your daily diet, and increase fluid intake.</i> |
| <i>Diarrhea</i> | For 24 hour use only after the first 3 months (12 weeks) of pregnancy: Kaopectate, Immodium, Parepectolin, Plain Donagel <i>* Clear liquid diet for 24 hours is helpful; call if diarrhea persists more than 2 days</i> |
| <i>First Aid Ointment</i> | Bacitracin or Neosporin |
| <i>Headache</i> | Tylenol or Tylenol PM <i>* Rest in a dark, quiet room. Sometimes a damp cloth on the forehead helps. Severe, continuous headaches unresponsive to Tylenol should be reported to us.</i> |
| <i>Heartburn</i> | Maalox, Mylanta, Tums, Riopan Plus, Gaviscon, Pepcid AC, Zantac 75 |
| <i>Hemorrhoids</i> | Preparation H, Anusol, Tucks, Witch Hazel |
| <i>Nausea and Vomiting</i> | Vitamin B6 (25 mg every 6 hours); Unisom tablet (1/2 tablet every 6 hours) Emetrol, Sea bands (acupressure bracelets), Benadryl, Dramamine <ul style="list-style-type: none"> • You may find it helpful to try eat crackers or other bland foods & avoid greasy or spicy foods. Some have found eating several small meals a day better than eating 3 normal-sized meals. Sometimes, eating a cracker before you even raise your head in the morning is helpful. • If none of these relieve your nausea, please call the office. (Note that some prescription medications can make you sleepy and you will need to rest after taking them) |
| <i>Rashes</i> | Hydrocortisone cream or ointment, Caladryl lotion or cream, Benadryl cream Oatmeal bath (Aveeno) |
| <i>Vaginal Yeast Infection</i> | Monistat 3 or 7 day treatment |

****Please do not take any over-the-counter medications unless it is necessary. The above medications have no known effects in pregnancy when taken according to the package directions****