

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

Phone: 334-279-9333

Condition	Safe Medications(store brand equivalents are acceptable)
Allergy	<i>Benadryl; Claritin; Zyrtec</i>
Cold/Flu/Sinus	<i>Tylenol(acetaminophen) or Tylenol Cold; Tylenol Cold & Sinus; Benadryl; Robitussin; Guaifenesin; warm salt water gargle; saline nasal drops/spray; Sudafed; Actifed Cold and Sinus; throat lozenges</i>
Constipation	<i>Metamucil; Citrucel; Fiberall/Fibercon; Colace; Senekot; Miralax; Milk of Magnesia(occasional use)</i> <i>**first—try adding 2 tablespoons of unprocessed wheat bran to your daily diet and increase fluid intake.</i>
Diarrhea	<i>** For 24 hour use only after the first 3 months(12 weeks) of pregnancy:</i> <i>Kaopectate; Imodium; Parepectolin; Plain Donogal</i> <i>**clear liquid diet for 24 hours is helpful; call if diarrhea persists more than 2 days</i>
First Aid Ointment	<i>Bacitracin or Neosporin</i>
Headache	<i>Tylenol or Tylenol PM</i> <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 our office.</i>
Heartburn	<i>Maalox; Mylanta; Tums; Riopan Plus; Gaviscon; Pepcid AC; Zantac; Nexium; Prilosec</i>
Hemorrhoids	<i>Preparation H; Anusol; Tucks; Witch Hazel</i>
Nausea and vomiting	<i>Vitamin B6(25 mg every 6 hrs.); Unisom tablet(1/2 tablet every 6 hours); Emetrol; sea bands(acupressure bracelets); Benadryl; Dramamine</i> <i>*you may find it helpful to eat crackers or other bland foods & avoid greasy or spicy foods. Some have found eating several small meals per day rather than eating 3 normal-sized meals also helps.</i> <i>*if none of these relieve your nausea, please call our office. (note that some prescription medications can make you sleepy & you may 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</i>
Back Pain	<i>Thermacare patch; Icy Hot; Heating pad on low</i>

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