



## Over the Counter Medications

The following is a list of the over-the-counter medications that you may take when you are pregnant. If you are experiencing any of these typical ailments, you can safely use these medications without calling the office. If you are experiencing anything more severe or have used these medications for at least 5-7 days without relief, call our office. We also advise taking the recommended dosing, as adjustments do not need to be made for pregnancy.

### **SYMPTOMS**

### **MEDICATIONS**

Headache	Tylenol (regular or extra strength) DO NOT TAKE ASPIRIN OR IBUPROFEN
Cold/Congestion	Benadryl, Sudafed, Mucinex, Tylenol Cold/Sinus, Saline nasal spray
Allergies	Claritin, Zyrtec, Allegra, Flonase, Benadryl
Cough	Robitussin DM, Delsym, cough drops/lozenges
Sore Throat	Cepacol, Chloraseptic, warm salt water gargle
Heartburn	Tums, Roloids, Zantac, Pepcid, Maalox, Prevacid, Prilosec
Diarrhea	Kaopectate, Immodium
Hemorrhoids	Tucks, Preparation H, Anusol HC, hot sitz bath, witch hazel
Constipation	Colace, Metamucil, Milk of Magnesia, Miralax
Gas	Mylanta, Gas-X
Nausea/Vomiting	Ginger, vitamin B6