

OVER THE COUNTER MEDICATIONS SAFE IN PREGNANCY

Allergies.....Benadryl, Claritin
Cough/Cold..... Robitussin (plain), Tylenol
Congestion.....Benadryl (diphenhydramine hydrochloride)
Constipation.....Metamucil, Surfak, Colace, Fibercon, Milk of Magnesia, Miralax
DiarrheaImodium
Gas/Flatus.....Mylanta, Simethicone (gas-x)
Headache/Fever.....Acetaminophen (Tylenol)
Heartburn/Indigestion...Mylanta, Riopan, Tums (avoid Alka-Seltzer), Zantac
Hemorrhoids.....Anusol cream or suppositories, Tucks
Herpes.....Don Burrows soaks, discuss with your doctors office a
prescription for an anti-herpes prescription
Nausea.....Vitamin B6, Unisom, Benadryl
Sore Throat.....Cepacol lozenges, warm salt-water gargles
Skin Irritation.....Calamine, Caladryl, Corticaine, Lanacort, and Neosporin

**AVOID ANY NON-STEROIDAL, ANTI-INFLAMMATORY
SUCH AS ASPIRIN, IBUPROFEN, ADVIL, ALEVE, OR MOTRIN
UNLESS PRESCRIBED BY YOUR PHYSICIAN**

**AVOID ANY MEGA DOSE VITAMINS, ESPECIALLY
THOSE CONTAINING HIGH DOSES OF VITAMIN A**

**DISCUSS WITH YOUR DOCTOR ANY AND ALL OVER
THE COUNTER MEDICATIONS, VITAMINS
AND HERBS YOU MAY BE TAKING**