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Ob/Gyn

## **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  
Diarrhea .....Imodium  
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**