

**MEDICATIONS OB PATIENTS MAY TAKE IN PREGNANCY**

These are “over the counter” medications that are safe to use during pregnancy. If they are not working please call the office for further advice.

**COLD**

DayQuil, Tylenol Cold products, Chlortrimeton

**COUGH**

Robitussin (plain or DM), Mucinex, Benylin, Cough Drops, Triaminic

**ALLERGIES / HAYFEVER / CONGESTION**

Claritin, Tylenol Sinus or Allergy, Zyrtec, Actifed, Sudafed, Benadryl, Saline Nasal Spray

**SORE THROAT**

Throat Lozenges (Cepacol, Sucrets, Ricola), Chloraseptic

**NAUSEA / VOMITING**

Emetrol, Vitamin B6 (50 mg three times a day) with or without Unisom ½ tablet, Crystallized Ginger

**HEARTBURN / GAS / INDIGESTION**

Mylanta, Maalox, GasEx, Tums, Mike of Magnesia, DIGel, Rlopan, Zantac, Prilosec

**\*Avoid Pepto Bismol or other products containing aspirin**

**HEADACHE / GENERAL PAIN**

Tylenol (regular or extra strength)

**\*DO NOT take any products that contain aspirin, Ibuprofen (Mortin, Advil), or Naproxen Sodium (Aleve)**

**BACK PAIN**

Tylenol (regular or extra strength), Heating Pad, Icy Hot, Back Stretches, Massage

**CONSTIPATION**

Increase oral fluids and whole grain products, Bran Cereals, Fruits and Vegetables

**DIARRHEA**

Liquid Diet

Imodium AD, Kaopectate, Donnagel

**\*Acoid Pepto Bismol**

**HEMORRHOIDS**

Preparation H, Anusol, Tucks Pads, Witch Hazel

**YEAST INFECTION**

Monistat, GyneLotrimin

**INSOMNIA (Difficulty Sleeping)**

Tylenol PM, Benadryl