



**OVER THE COUNTER MEDICATIONS APPROVED FOR PREGNANCY**  
**Always follow package instructions**  
**2/2021**

**Nausea**

- Dramamine
- Unisom 1/2 25 mg tab 2-3 times daily
- Vitamin B6 po 2-3 times daily

**Allergies**

- Benadryl
- Claritin
- Tylenol Sinus

**Cold**

- Claritin
- DayQuil
- Mucinex/Mucinex DM
- Robitussin/Robitussin DM
- Tylenol Cold/Tylenol Flu
- Increase fluids, saline nasal spray, cool mist humidifier, Tylenol 325 mg

**Hemorrhoids**

- Anusol
- Preparation H
- Tucks cream or pads
- Avoid constipation or straining with BM

**Fever Blisters**

- Abreva

**Headache**

- Tylenol
- Benadryl
- Magnesium 400 mg daily

**Sleep Difficulties**

- Benadryl
- Unisom
- Tylenol PM

**Yeast infection**

- Monistat 3 or 7
- Femstat or Gyne Lotrimin



### **Heartburn**

Avoid spicy/fried foods. Elevate your head on pillow/lie on your right side immediately after you eat for a short while

- Maalox
- Mylanta
- Pepcid AC
- Prilosec OTC
- Roloids
- Tums

### **Leg Cramps**

Eat foods rich in calcium and potassium

### **Sore Throat**

- Warm salt gargles
- Chloraseptic lozenges/spray
- If longer than 3 days, call the office

### **Poison Oak/Poison Ivy**

- Avoid scratching, good handwashing
- Calamine lotion or Cortaid
- Benadryl by mouth

### **Constipation**

- Step 1: Fiber diet-apples, cider, fruit juice, raisins, prunes, NO bananas

Exercise - walking

Drink plenty of water

- Step 2: Daily control

Colace, Metamucil, Fibercon, Konsyl, Miralax or Citrucel

- Step 3: Glycerin suppositories, mineral oil or Fleets Enema, Milk of Magnesia with prune juice

### **Cough**

- Cough drops
- Robitussin DM

### **Diarrhea**

- Immodium AD
- Clear liquids for 24 hours

### **Swelling**

Decrease salty foods, elevate legs, drink water, compression socks, call if weight gain >2 lbs/weekly

### **Fever**

Call if fever above 100 degrees