



OVER THE COUNTER MEDICATIONS APPROVED FOR PREGNANCY

Always follow package instructions

Updated 11/2019

Nausea

- Dramamine
- Unisom ½ 25 mg tab 2-3 times daily
- Vitamin B6 po 2-3 times daily

Allergies

- Benadryl
- Claritin
- Tylenol Sinus

Cold

- Claritin D
- DayQuil
- Mucinex/Mucinex D
- 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



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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
- Rolaids
- 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