



# Over-the-Counter Medications Approved for Pregnancy



**Please post this information  
in an easily accessible place**

(e.g. refrigerator door).

## Nausea

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- Dramamine®
- Unisom® (½ 25mg tab two to three times a day)
- Vitamin B6 three times a day

## Allergies

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- Benadryl®
- Claritin®
- Tylenol® Sinus

## Cold

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- Claritin-D®
- DayQuil®
- Mucinex®
- Mucinex® D
- Robitussin®/Robitussin DM
- Sudafed®
- Tylenol® Cold/Tylenol Flu

## Hemorrhoids

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- Anusol®
- Preparation H®
- Tucks® Pads

## Headache or Mild Discomfort

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- Tylenol®

## Heartburn

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- Maalox®
- Mylanta®
- Pepcid® AC
- Prilosec OTC™
- Rolaids®
- Tums®

## Constipation

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- **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 Fleet® enema

If you have questions on any other medication(s), please contact your provider.