

OVER-THE-COUNTER MEDICINES SAFE TO USE DURING PREGNANCY

Brand names and ingredients can change. Use the generic name (in parentheses) as the key for using these medicines. If you have questions or concerns, call your clinic or pharmacist.

Condition	Medicine
Acne	<ul style="list-style-type: none"> ○ Cetaphil[®] Gentle Skin Cleanser ○ CeraVe[™] Hydrating Cleanser ○ Glytone[®] (benzoyl peroxide)
Allergy	<ul style="list-style-type: none"> ○ Alavert[®] or Claritin[®] (loratadine) ○ Benadryl[®] (diphenhydramine) ○ Zyrtec[®] (cetirizine)
Constipation	<ul style="list-style-type: none"> ○ Citrucel[®] or Unifiber[®] (methylcellulose) ○ Colace[®] (docusate sodium) ○ Ex-lax[®] Maximum Strength Stimulant Laxative (sennosides) or Senokot[®] (senna) ○ Fiber caplets or FiberCon[®] (calcium polycarbophil) ○ Metamucil[®] (psyllium) ○ Milk of magnesia (magnesium hydroxide) ○ Mineral oil (1 oz) in juice ○ ClearLax[®], MiraLAX[®] (polyethylene Glycol 3350)
Cough (alcohol-free syrup)	<ul style="list-style-type: none"> ○ Vicks[®] Nature Fusion[™] Cough (dextromethorphan hydrobromide) ○ Delsym[®] 12-Hour Extended-release Suspension (dextromethorphan polistirex) ○ Coricidin[®] HBP Chest Congestion and Cough or Adult Robitussin[®] Peak Cold Cough and Chest (dextromethorphan, guaifenesin) ○ Mucinex[®] (guaifenesin)
Diarrhea	<ul style="list-style-type: none"> ○ Imodium[®] (loperamide)
Fever	<ul style="list-style-type: none"> ○ Tylenol[®] (acetaminophen) Take 650 mg every four hours for temperature > 100.4°F. If you have a fever for 12 hours, call your health care provider.
Gas	<ul style="list-style-type: none"> ○ Gas-X[®] Chewable Tablets or Maalox[®] Anti-Gas or Mylanta[®] Gas Maximum Strength Chewable Tablets (simethicone) ○ Mylanta[®] Maximum Strength Liquid or Maalox[®] Advanced Maximum Strength Liquid (aluminum hydroxide, magnesium hydroxide, simethicone)
Heartburn	<ul style="list-style-type: none"> ○ Gaviscon[®] (aluminum hydroxide, magnesium carbonate) ○ Maalox[®] tablets or Rolaids[®] or Titalac[®] or Tums[®] (calcium carbonate) Take < 2,000 mg ○ Maalox[®] Advanced Regular Strength Liquid or Mylanta[®] Regular Strength Classic Liquid (aluminum hydroxide, magnesium hydroxide, simethicone) ○ Pepcid[®] AC (famotidine) ○ Zantac[®] (ranitidine)

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Hemorrhoids	<ul style="list-style-type: none"> ○ Anusol-HC[®] hemorrhoidal ointment or Preparation H[®] Hydrocortisone (hydrocortisone) ○ Preparation H[®] (phenylephrine, pramoxine, glycerin, petrolatum) ○ Tucks[®] pads (witch hazel)
Nausea, Vomiting, Motion Sickness	<ul style="list-style-type: none"> ○ Emetrol[®] Syrup (phosphorated [phosphoric acid] carbohydrates [dextrose, fructose] syrup) ○ Dramamine[®] (dimenhydrinate) ○ ginger tabs (ginger) ○ Vitamin B-6 Take 25 mg four times a day. ○ Sea-Band[®] ○ Unisom[®] SleepTabs[®] (doxylamine succinate) Take one-half of 25 mg tablet and 25 mg of vitamin B-6 3-4 times a day.
Pain	<ul style="list-style-type: none"> ○ Tylenol[®] (acetaminophen) Take 650 to 1,000 mg every four hours as needed. Do not take more than 4,000 mg in 24 hours. If no relief in 24 hours, call your clinic.
Rash	<ul style="list-style-type: none"> ○ Aveeno[®] Soothing Bath Treatment (colloidal oatmeal) ○ Caladryl[®] Clear[®] lotion (pramoxine, zinc acetate) or calamine lotion (calamine, zinc oxide) ○ Gold Bond[®] Medicated Anti-itch Cream (menthol, pramoxine) ○ Benadryl[®] (diphenhydramine). Take one 25 to 50 mg pill 3-4 times a day.
Sinus Congestion and Cold	<ul style="list-style-type: none"> ○ Clor-Trimeton[®] (chlorpheniramine) ○ Coricidin[®] HBP Chest Congestion and Cough (dextromethorphan, guaifenesin) ○ Ocean Mist[®] nasal spray (sodium chloride) ○ Sudafed[®] (pseudoephedrine) Avoid in 1st trimester. ○ Avoid all products with phenylpropanolamine and phenylephrine.
Sleep Problems	<ul style="list-style-type: none"> ○ Unisom[®] SleepTabs[®] (doxylamine succinate) ○ Tylenol[®] PM (acetaminophen, diphenhydramine HCl)
Sore Throat	<ul style="list-style-type: none"> ○ Cepacol[®] Maximum Strength Sore Throat Spray or Sucrets[®] lozenges (dyclonine hydrochloride) ○ Chloraseptic[®] lozenges (benzocaine) or spray (phenol). Do not take longer than two days. ○ Halls[®] or Robitussin[®] lozenges (menthol) ○ Vicks[®] lozenges with honey (dextromethorphan hydrobromide)
Vaginal Yeast Infection	<ul style="list-style-type: none"> ○ Gynazole-1[®] (butoconazole) ○ Gyne-Lotrimin[®] (clotrimazole) ○ Monistat[®] 7 vaginal cream (miconazole)