Over the counter medications safe to take during pregnancy

Follow package instructions – Generic of any of the below medications is ok

For fever, pain, headaches:

- Tylenol (regular or extra strength)
- Do not take aspirin or ibuprofen unless instructed by your provider

For cold, congestion, allergies:

- Robitussin DM for cough
- Benadryl, Sudafed (avoid during 1st trimester) for nasal congestion
- Claritin, Zyrtec, saline nasal spray for seasonal allergies
- Chloraseptic, lozenges, cough drops for a sore throat

For nausea:

- Eat small meals. If unable to tolerate solids, concentrate on clear liquids such as broth, jello, apple/cranberry juice.
- Ginger tea / ginger candy
- Seasickness wristbands
- Vitamin B6 25 mg three times a day
- Unisom (Doxylamine) ½ tab twice a day

For constipation:

- Keep well hydrated, exercise, incorporate fiber and prunes into your diet
- Fiber supplements such as Metamucil or Fibercon
- Docusate
- Milk of Magnesia (only for severe constipation)
- Simethicone helps with gas pain

For hemorrhoids:

- Prevent constipation as above
- Preparation H, Anusol, Tucks, witch hazel pads

For heartburn:

- Sit upright, don’t lay flat for 2 hours after eating; avoid spicy foods
- Tums, Mylanta, Maalox, Pepcid AC, Zantac, Prilosec OTC

For vaginal yeast infections:

- Monistat or Vagisil (3 or 7 day course work best)

For rash, itching, bug bites:

- Calamine or Benadryl lotion
- 1% Hydrocortisone cream