

Safe Over the Counter Medications for Pregnancy

PROBLEM	BRAND NAME	GENERIC NAME	
Allergies	Benadryl, Claritin, Zyrtec, Flonase	Diphenhydramine Loratadine	
Cold and Nasal Congestion	Benadryl, Claritin Nasal Saline Spray Flonase	Diphenhydramine Pseudoephedrine Loratadine	Increase fluids
Chest Congestion	Mucinex	Guaifenesin	Increase fluids
Cough	Robitussin, Vicks Formula 44, Halls cough drops	Guaifenesin, Zinc lozenges	Increase fluids
Sore Throat	Choraseptic Spray or lozenges Cepacol lozenges		
Headache	Tylenol	Acetaminophen	Take 3 regular or 2 extra strength Max 4 times a day
Pain/Fever	Tylenol	Acetaminophen	
Tooth ache	Tylenol, Ora-gel, Ambusol	Acetaminophen	
Heartburn/acid reflux	Tums, Rolaids, Maalox, Mylanta, Pepcid, Prilosec, Nexium Tagamet	Calcium Carbonate Aluminum Compound Aluminum Magnesium Omeprazole, Famotidine	Avoid caffeine and spicy fluids. Eat early in the evening Sleep with 2 pillows
Nausea/vomiting	Liquid Emetrol candied ginger Sea bands Vit B6 and Unisom		Vit B6 25mg with Unisom ½ pill 3 times a day
Gas	Di-Gel Gas X	Simethicone	
Constipation	Metamucil, Colace, Milk of Magnesium, Haley's MO, Citrucel, Fibercon, Senokot	Psyllium, Docusate, Magnesium Hydroxide	Increase fluids, walk 30 minutes a day, prune juice, green vegetables
Diarrhea	Kaopectate, Imodium	Loperamide, Kaolin, Pectin	Increase fluids
Hemorrhoids	Anusol Cream, Witch Hazel, Tucks pads, Preparation H	Hydrocortisone Cream	
Vaginal itch	Monistat 3 or 7 day Gyne-Lotrim Gynazole 1 Mycology Cream	Miconazole Clotrimazole	
Rash or itching	Benadryl lotion or orally, Calamine lotion, Aveeno Oatmeal bath, Cortaid Cream	Acetaminophen	
Back Pain	Tylenol, Ben-Gay, Icy Hot		Stretching, heating pad
Insomnia/difficulty Sleeping	Benadryl, Unisom, Tylenol PM	Diphenhydramine, doxylamine	
Leg cramps	Calcium, magnesium, potassium		Stretch, increase fluids
COVID positive	Tylenol for fever and pain Zinc 20-40 mg daily Vit C 1,000 mg twice a day Vit D3 1,000 IU daily Aspirin 81 mg daily		Monitor fetal kicks/movement daily Continue to walk and move around as much as possible



NO: Tobacco, Smoking, Alcohol, Aleve (Naproxen), Motrin (Ibuprofen), PeptoBismol, Alka-Seltzer,
Avoid : Sudafed and Aspirin unless instructed by your doctor to take