



Over the Counter Medications during Pregnancy

Try to avoid taking medications during your pregnancy, especially during the first trimester. This list contains medications that are approved only as needed. We urge you to try other remedies first. If you do take a medication, use it only as directed.

Problem	Medication	Precaution – Call Us
Allergies	Cool mist vaporizer. Actifed, Benadryl, Claritin Chlortrimetron, Sudafed, Mucinex D Afrin Nasal Spray (3 day use), saline nasal spray, Zyrtec D, Claritin.	
Colds/Nasal Congestion	Rest and plenty of fluids. Use a cool mist vaporizer. Afrin Nasal Spray (3 day use), Tylenol, Saline Nasal Spray. May use decongestants with D if D is pseudoephedrine.	Fever over 101. Persistent cough.
Cough	Robitussin DM, Guaifenesin.	Fever over 101 or cough that won't go away.
Sore Throat	Alcohol free lozenges like Chloraseptic or Chloraseptic Spray.	Severe or persistent sore throat, fever over 101.
Constipation	Increase fluids, increase fiber in your diet with fruit and whole grains, prune juice, fiber agents like Metamucil, Benefiber etc., Milk of Magnesia, Colace, Surfak, Konsyl, Glycerine suppository	Severe straining, rectal bleeding.
Diarrhea	Brat Diet (banana, rice, applesauce, toast), Immodium, Kaopectate.	Diarrhea longer than 24 hours or fever.
Headache	Tylenol	Persistent or severe headache
Hemorrhoids	Chilled witch hazel packs (Tucks), sitz baths, Anusol, Preparation H.	Bleeding or severe pain.
Indigestion	Maalox, Mylanta, Pepcid AC, Roloids, Tums, Zantac.	
Nausea/ Vomiting	Benadryl, Dramamine, Emetrol, Vitamin B6 10+25 mg. 3-4-times/day, Ginger tablets, 1 tsp. honey with ginger, Raspberry Tea, Biobands.	Continued vomiting, weight loss or inability to keep fluids down for 24 hours.
Insomnia	Benadryl, Catnip tea, Vitamin B6 50mg, Unisom, Benadryl Liquid	
Vaginal Yeast	Monistat 7, Gyne-Lotrimin 7	Symptoms don't improve