

Medications that are safe during pregnancy:

Women who are 4 – 12 weeks pregnant may safely take the following over the counter medications. Follow all directions on the container for adult dosage/usage.

Problem	Over the Counter	Call your care provider for:
Morning sickness	Vitamin B6: take 50 mg/day to start; if not helpful, increase by 50 mg 2-4 times/day until you reach a total of 200 mg/day. Do not take more than 200 mg each day. Increase fluids. One Unisom tablet before bedtime.	Persistent vomiting, weight loss, or inability to tolerate fluids for 24 hours.
Mild headaches / general aches and pains	Try comfort measures. Acetaminophen (Tylenol)	Severe and/or persistent headaches.
Nasal congestion due to a cold, sinusitis, or allergies	Ocean Mist nasal spray	

Women who are more than 12 weeks pregnant may safely take the following over the counter medications. Follow all directions on the container for adult dosage/usage.

Problem	Over the Counter	Call your care provider for:
Nasal congestion due to a cold, sinusitis, or allergies	Sudafed, Afrin nasal spray, Ocean Mist nasal spray, Benadryl	
Cough due to minor throat irritation	Robitussin (or other brand of Guaifenesin), Robitussin DM or non-alcohol cough syrup (not to exceed one week's use)	Persistent cough
Nasal congestion and cough	Triaminic OM (or other brand of alcohol free and antihistamine-free decongestant and antitussive)	
Sore throat	Alcohol-free lozenges, such as Chloraseptic, Cepacol, Halls	Severe or persistent sore throat
Mild to moderate diarrhea	Donnagel chewable tablets, Kaopectate	Diarrhea that persists for two days, is accompanied by a fever, or is severe
Constipation	Metamucil, Milk of Magnesia	Severe straining
Heartburn	Maalox, Mylanta or Tums	No relief
Gas	Papaya tablets with meals, capsules of activated charcoal, G-as--X, Gelusil	
Hemorrhoids	Chilled witch hazel packs, sitz baths, Anusol HC	Bleeding or severe pain
Insomnia	Unisom, Tylenol PM	