

Over-the-Counter Meds Sheet

While some medications are considered safe to take during pregnancy, possible side effects are not fully known due the limitations of medical data about human pregnancies. We generally advise you to avoid medications during the first trimester, the most crucial time in the development of your baby, unless absolutely needed. The following medications and home remedies have no proven harmful effects in pregnancy when taken according to package directions.

Heart Burn

Tums
Mylanta/II
Rolaids
Maalox/Maalox Plus
Pepcid
Gaviscon
Zantac
Tagamet

Gas Pains

Mylicon
Gas X
Phazyme
Riopam
Simethicone

Constipation

Metamucil
Fibercon
Konsyl
Surfak
Colace/Pericolace

Diarrhea

For 24 hour & after 12 weeks
Imodium/Imodium A-D

Hemorrhoids

Anusol/Anusol HC
Preparation H
Tucks
Witch Hazel

Cough

Robitussin/DM

Cold and Congestion

Benadryl
Chlortrimeton/Sudafed
Contact Cold Formula
Tylenol
Actifed
Chloraseptic
Claritin
Saline Nasal Spray
Saline Nasal Rinse
Afrin Nasal Spray (for up to 72 hours)

Allergy

Benadryl
Claritin
Tavist
Zyrtec
Chlortrimeton

Insomnia

Benadryl
Unisom

Rash/Itching

Benadryl
Calamine Lotion
Hydrocortisone Cream 1%
Cortaid
Aveeno

Nausea

Ginger Root Extract
Emetrex
Emmetrol/Cola Syrup
Dramamine
Benadryl/Unisom
Vitamin B6
Sea-Bands

Headaches

Tylenol
Extra Strength Tylenol
Acetaminophen
***Please call if Tylenol doesn't
relieve your headache*