



The following medications may be purchased over the counter. You do not need a prescription for any of the medications listed. We do not recommend taking any medications during your first trimester (the first 14 weeks of your pregnancy). Please do not use any medications or supplements not on this list without a doctor's approval. If you are given a prescription for a medication from an outside doctor, please check with us first before getting the prescription filled to make sure that the medication is safe to take during pregnancy.

#### Nausea

- Emetrol
- Pepto Bismol
- Dramamine
- Mestex

#### Heartburn

- Tums
- Rolaids
- Gaviscon
- Mylanta
- Maalox
- Ripan
- Gelusil
- Pepto Bismol

#### Constipation

- Citracal
- Metamucil
- Colace
- Milk of Magnesia
- Bran

#### Allergies

- Claritin
- Zyrtec
- Allegra
- Benadryl cream (for itching)

#### Indigestion

- Zantac
- Pepcid
- Prilosec

#### Headaches, Aches, and Pains

- Tylenol

#### Hemorrhoids

- Anusol
- Preparation H
- Tronolane Cream

#### Diarrhea

- Immodium
- Kaopectate
- Pepto Bismol

#### Colds

- Any Tylenol product
- Robitussin DM (Cough)
- Plain Sudafed (not in 3<sup>rd</sup> trimester)
- Chloraseptic Lozenges
- Ocean nasal spray
- Ricola
- Ayr nasal spray

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