

# Acceptable Over-The-Counter Medications During Pregnancy

Caution: During the first twelve weeks of pregnancy, use all medications sparingly, if at all

<b>Allergic Reaction</b>	Benadryl, Benadryl Cream
<b>Antacid/Heartburn</b>	Riopan sodium free, Maalox, Rolaids, Tums, Mylanta
<b>Congestion/Sinusitis</b>	Afrin saline spray (Blue Box), Sudafed, Actifed
<b>Constipation</b>	Metamucil, Colace, Senokot Plain, Fibercon, Milk of Magnesia, Dulcolax Suppositories; Increase fluid intake, fruit juices, exercise
<b>Cough</b>	Robitussin DM
<b>Diarrhea</b>	Immodium, Kaopectate
<b>Enema</b>	Fleets
<b>Fever, Pain, and/or Headaches</b>	Extra Strength Tylenol (take 2 every four hours)
<b>Gas</b>	Phazyme 125 or Mylicon 80
<b>Hemorrhoids</b>	Anusol HC Cream, Tucks Pads, Preparation H
<b>Motion Sickness</b>	Benadryl
<b>Nausea</b>	Unisom, Emetrol, Vitamin B6
<b>Seasonal Allergies</b>	Claritin, Zyrtec
<b>Sore Throat</b>	Chloroseptic (green spray or cough drops). Gargle with warm salt water, throat lozenges
<b>Yeast Infection</b>	Monistat, Gyne Lotrimin, Mycelex

Follow the direction on the package for all medication unless we instruct you otherwise.