

Safe Over-the-Counter Medications

Condition	Medication Options
Acne	Cetaphil Gentle Skin Cleanser CeraVe Hydrating Cleanser Glytone (benzoyl peroxide)
Allergy	Claritin or Alavert (loratadine) Benadryl (diphenhydramine) Zyrtec (cetirizine)
Constipation	Colace (docusate sodium) Citrucel or Unifiber (methylcellulose) Metamucil (psyllium) Fiberall or Fibercon (calcium polycarbophil) ClearLax, MiraLAX (polyethylene Glycol 3350) Milk of magnesia (magnesium hydroxide) Mineral oil (1oz) in juice
Cough	Vicks Nature Fusion Cough (dextromethorphan) Delsym 12-Hour Extended-Release Suspension (dextromethorphan polistirex) Coricidin HBP Chest Congestion and Cough (dextromethorphan, guaifenesin) *Choose an alcohol-free cough syrup
Diarrhea	Immodium (loperamide)
Fever	Tylenol (acetaminophen) *Take 650mg every 4 hours for temperature higher than 100.4. If you have a fever for 12 hours or longer, call your health care provider
Gas	Gas-X chewable tablets or Maalox Anti-Gas or Mylanta Gas Maximum Strength Chewable Tablets (simethicone) Mylanta or Maalox Maximum Strength Liquid (aluminum hydroxide, magnesium hydroxide, simethicone)
Heartburn	Maalox tablets or Rolaids or Titalac or Tums (calcium carbonate) Take less than 2,000mg Gaviscon (aluminum hydroxide, magnesium carbonate) Maalox Advanced Regular Strength Liquid or Mylanta Regular Strength Classic Liquid (aluminum hydroxide, magnesium hydroxide, simethicone) Pepcid AC (famotidine) Zantac (ranitidine)

Hemorrhoids	Anusol-HC hemorrhoidal ointment or Preparation H Hydrocortisone (hydrocortisone) Preparation H (phenylephrine, pramoxine, glycerin, petrolatum) Tucks pads (witch hazel)
Nausea & vomiting or Motion sickness	Vitamin B6 *Take 25mg up to 4 times a day Unisom SleepTabs (doxylamine succinate) *Take ½ of a 25mg tablet and 25mg of Vitamin B6 3 to 4 times a day Sea-Band Ginger candies or tablets Dramamine (dimenhydrinate) Emetrol Syrup
Pain	Tylenol (acetaminophen) *Take 650-1000mg every 4 hours as needed. Do not take more than 4000mg in 24 hours. If you do not have relief in 24 hours, call your clinic.
Rash	Aveeno Soothing Bath Treatment (colloidal oatmeal) Caladryl Clear lotion (pramoxine, zinc acetate) Calamine Lotion (calamine, zinc oxide) Cortaid 1% (hydrocortisone) Gold Bond Medicated Anti-Itch Cream (menthol, pramoxine)
Sinus congestion and cold	Sudafed (pseudoephedrine) Avoid in the first trimester Ocean Mist Nasal Spray (saline) Coricidin HBP Chest Congestion and Cough (dextromethorphan, guaifenesin)
Sleep problems	Unisom SleepTabs (doxylamine succinate) Tylenol PM (acetaminophen, diphenhydramine) Benadryl (diphenhydramine HCl)
Sore throat	Halls or Robitussin lozenges (menthol) Vicks lozenges with honey (dextromethorphan hydrobromide) Chloraseptic lozenges (benzocaine) or spray (phenol) *Do NOT take longer than two days Cepacol Maximum Strength Sore Throat Spray or Sucrets lozenges (dyclonine hydrochloride)
Vaginal yeast infection	Monistat 7 vaginal cream (miconazole) Gyne-Lotrimin (clotrimazole) Gynazole-1 (butoconazole) *Typically a 5-7 day course is recommended to treat yeast infections in pregnancy