

Over The Counter Medications In Pregnancy

<u>Condition</u>	<u>Name of Medication</u>	<u>Comment</u>
Allergy:	Diphenhydramine (Benadryl) Loratadine (Claritin)	safe throughout pregnancy safe throughout pregnancy
Cold/cough:	Acetaminophen (Tylenol) Chlorpheniramine (Chlor-Trimeton) Pseudoephedrine (Novafed) Guafenesin (Robitussin) Dextromethorphan (Benilyn) Clemastine Fumarate (Tavist)	safe throughout pregnancy safe throughout pregnancy safe throughout pregnancy not in 1st trimester probably safe throughout pregnancy safe throughout pregnancy
Constipation:	Fibers (Metamucil) Dulcosodium (Colace) Magnesium-OH (Milk of Magnesia)	safe throughout pregnancy safe throughout pregnancy safe throughout pregnancy
Diarrhea:	Kaolin/Pectin (Kaopectate) Loperamide (Immodium)	treat only if severe diarrhea treat only if severe diarrhea
Headache/Pain:	Acetaminophen (Tylenol) Ibuprofen (Motrin) Naproxen (Aleve)	safe throughout pregnancy not after 32 weeks not after 32 weeks
Heartburn:	Aluminum – OH (Maalox) Cimetidine (Tagamet) Famotidine (Pepcid) Ranitidine (Zantac)	safe throughout pregnancy safe throughout pregnancy safe throughout pregnancy safe throughout pregnancy
Hemorrhoids:	Prep –H Ointment Anusol Crème/Suppositories	safe throughout pregnancy safe throughout pregnancy
Nausea/Vomiting:	Vitamin B6 (Premesis)	safe throughout pregnancy
Rashes:	Hydrocortisone Crème Benadryl Crème Caladryl lotion/Creme	safe throughout pregnancy safe throughout pregnancy safe throughout pregnancy