

**SUNFLOWER WOMEN'S HEALTHCARE**  
OVER THE COUNTER MEDICATIONS SAFE DURING PREGNANCY

<b>Headache:</b> Tylenol extra strength or generic: 2 tabs every 4-6 hours as needed ( <b>NO IBUPROFEN or ALEVE</b> )
<b>Nasal Spray:</b> Ocean nose spray or generic saline spray (Target, Walgreens, etc.)
<b>Sore Throat:</b> Throat lozenges: Halls, Cepacal, Robitussin or you can use Cepacal/Robitussin throat spray
<b>Antihistamines:</b> Clor-Trimeton D: 4 mg or plain 4mg every 4-6 hours as needed Sudafed - Decongestant Actifed Benadryl 25-50 mg or Claritin
<b>Cough:</b> Robitussin DM Triaminic DM Vicks Formula 44
<b>Nausea/Vomiting:</b> Vitamin B6: 50 mg every 8 hours or 3 times per day Emetrol: as directed on bottle Unisom: ½ tablet at bedtime - may repeat ½ tablet mid morning. Gatorade/Pedialyte to hydrate
<b>Indigestion:</b> Gaviscon Mylanta/Maalox Tums
<b>Stool Softeners:</b> Surfak Colace Coxinate Metamucil /Citracel
<b>Diarrhea:</b> Kaopectate: as directed on bottle - no dairy products Pepto Bismol
<b>Laxatives:</b> Milk of Magnesia: ½ dose ONLY Dulcolax: tablets or suppositories: ½ dose ONLY Pericolace Senakot
<b>Leg Cramps:</b> Calcium Milk: each serving 300 mg Bananas Tums: 200 mg each or Tums extra 500 mg Tonic Water Leg Stretches before bed time