

Recommended Over-the-Counter Medications in Pregnancy

Allergy Medications

First choice: Benadryl (diphenhydramine); chlor-trimeton (chlorpheniramine)

Second choice: Claritin; allegra; loratadine; zyrtec

Third choice: Sudafed (after 1st trimester. Limit daily use) In general, avoid any medication that contains phenylephrine.

Nasal spray: Saline nasal spray
Ipratropium 0.06% nasal spray
Cromolyn sodium (5.2mg/spray)

Allergy Eye Drops

Medicated allergy eye drops are not recommended during pregnancy; may use saline only

Nasal Spray

Medicated nose sprays are not recommended during pregnancy; may use saline: Saline nasal spray
Ipratropium 0.06% nasal spray
Cromolyn sodium (5.2mg/spray)

Cough & Cold

Robitussin DM

Cough & Cold: Cold Rubs

Halls Menthol Cough Suppressant/
Oral Anesthetic

Vicks VapoRub Cough Suppressant/
Topical Analgesic

Cough & Cold: Cough Drops

Halls Menthol Cough Suppressant/Oral
Anesthetic Plus Medicine Center

Ricola Cough Suppressant Throat Drops

Vicks Menthol Cough Suppressant/Oral
Anesthetic Drops

Cough & Cold: Sore Throat Relief

Cepacol Dual Relief Sore Throat Spray

Cepacol Sugar Free Extra Strength

Sore Throat Lozenges with Pain

Numbing Relief

Cepacol Maximum Strength Sore

Throat Lozenges

First Aid: Anti-itch Creams

Aveeno Active Naturals Anti-Itch

Concentrated Lotion

Aveeno Calamine & Pramoxine HCl Anti-Itch

Cream with Natural Colloidal Oatmeal-

Steroid Free

Benadryl Original or Extra Strength Itch-

Stopping Cream or Gel

Calamine Lotion

Cortaid Anti-Itch Cream, Maximum

Strength 1% Hydrocortisone

Cortizone-10 Maximum Strength

Anti-Itch Cream

Eucerin Calming Itch Relief Treatment

Gold Bond Medicated Body Lotion

Extra-Strength or Anti-Itch Cream

Lanacane Maximum Strength Anti-Itch Cream

Sarna Anti itch Lotion

Lice Treatment

NIX

Pain Relief

**Long-term chronic use is not advised.*

Tylenol Regular or Extra Strength

Tylenol Extra Strength PM

Pain Reliever/Sleep Aid

Tylenol PM Extra Strength

Pain Reliever/Nighttime Sleep Aid

Hemorrhoid Care

Anusol

Preparation H

- Medicated Wipes with Aloe
- Hemorrhoidal Cream with Maximum Strength Pain Relief
- Hemorrhoidal Ointment
- Hemorrhoidal Suppositories

Tucks Witch Hazel Hemorrhoidal Medicated Pads

Stomach Remedies: Antacids

Gaviscon

- Antacid with Calcium, Chewable Tablets
- Extra Strength Antacid, Chewable Tablets
- Extra Strength Liquid Antacid

Maalox Maximum Strength Multi-Symptom Antacid/Antigas, Chewable Tablets or liquid

Mylanta Antacid / Anti-gas

- Regular Strength
- Maximum Strength
- Ultimate Strength

Pepcid AC Original Strength Acid Reducer 10 mg, Tablets

Roloids

- Extra Strength
- Multi-Symptom Antacid & Antigas
- Plus Extra Strength Antacid & Antigas

Tagamet 200mg

Tums

- Regular Strength
- E-X 750 Extra Strength
- E-X 750 Extra Strength
- Ultra 1000 Maximum Strength

Zantac 75mg

Stomach Remedies: Anti-Diarrheal

Call before taking to assess medical condition.

Imodium A-D Anti-Diarrheal

Imodium A-D Advanced Anti-Diarrheal/
Anti- Gas, Caplets

Maalox Anti-Diarrheal Caplets

Stomach Remedies: Fiber Supplements

Citrucel Methylcellulose Fiber Therapy
for Regularity

Fiber Choice Fiber Supplement

Metamucil Fiber Laxative

Stomach Remedies: Gas Relief

Gas-X Extra Strength Anti-gas

Gas-X Extra Strength Anti-gas Plus Antacid
with Maalox

Mylanta Regular or Maximum Strength Gas
Simethicone /Anti-Gas Phazyme Ultra-
Strength Gas Relief

Roloids Multi-Symptom Antacid & Anti-gas

Stomach Remedies: Nausea/Vomiting

*Contact us if you are unable to keep any food
or liquids down for 24 hours.*

Preggie Pops

Unisom

Benadryl 25-50mg with vitamin B6
25-50mg q 6 hours

Emetrol; sea-bands

Stomach Remedies: Stool Softeners

Colace Stool Softener 50 mg Colace Stool
Softener 100 mg

Vaginal Yeast Infection

Monistat 7 Cream

Monistat 7 Suppositories - **Insert only ½ way!**