

Recommended Over the Counter Medications in Pregnancy

Allergy Medications

Benadryl
Claritin
Loratadine
Sudafed PE – **Do not use before 14 wks**
Tylenol Allergy Multi Symptom - **Do not use before 14 weeks**
Zyrtec

Allergy Eye Drops

Medicated Allergy Eye drops not recommended during pregnancy; may use Saline only

Nasal Spray

Medicated Nose Sprays not recommended during pregnancy; may use Saline

Cold & Flu

TheraFlu Flu & Sore Throat - **Do not use before 14 weeks**

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.*

Emetrol Nausea Relief

Vitamin B6 100mg

Sea-Band Wristbands

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!