

Recommended Over-the-Counter Medications in Pregnancy

Allergy Medications

First choice: Claritin; Allegra; loratadine; Zyrtec

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

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)
Flonase (Fluticasone)

Allergy Eye Drops

Alaway (Ketotifen)
Claritin Eye Drops (Ketotifen)
CVS Eye Itch Relief (Ketotifen)
Systane Zaditor (Ketotifen)
Saline

Decongestant Nasal Spray

Decongestant nose sprays are not recommended during pregnancy.

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

Rolaids

- 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

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

Miralax

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

Rolaids 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

Generic Clotrimazole 7 Vaginal Cream

Monistat 7 Vaginal Cream (Miconazole)

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