

Over-the-Counter Medications DURING Pregnancy

CONGESTION/ALLERGIES

General treatments

- Use a humidifier
- Get plenty of rest
- Drink plenty of fluids

Medical treatments

- Saline nasal spray
- Claritin
- Zyrtec
- Benadryl
- Mucinex
- Sudafed*
- Actifed*
- Dimetapp*
- Tylenol Cold products*
- * Check with your provider before using these products**

CONSTIPATION

General treatments

- Stop iron tablets for a few days
- Eat more bulk and bran
- Eat more fresh fruits & vegetables
- Drink plenty of fluids

Medical treatments

- Citrucel
- Fibercon
- Metamucil
- Miralax
- Colace
- Surfak
- Glycerin Suppository

COUGH

- Robitussin DM
- Cough drops or throat lozenges

DIARRHEA

- Imodium AD
- Kaopectate

HEADACHES & MILD PAIN

- Tylenol Extra Strength 2 tablets every 4 hours, not to exceed 8 tablets in 24 hours

*** Avoid aspirin, ibuprofen, Aleve and naproxen unless directed by your doctor**

HEARTBURN & INDIGESTION

General treatments

- Eat more frequent, smaller meals
- Don't sleep laying flat
- Prop your head up when lying down
- Don't go to bed right after eating

Medical treatments

- Liquid antacids are more effective than tablets
- Gaviscon, Mylanta, Maalox
- Tums, Rolaids
- Pepcid AC, Tagamet HB, Prilosec OTC

HEMORRHOIDS

General treatments

- Warm tub soaks
- Avoid constipation

Medical treatments

- Preparation H cream, Anusol cream

INSOMNIA

- Benadryl 25mg 1 or 2 at bedtime
- Unisom 1 or 2 at bedtime

NAUSEA & VOMITING

General treatments

- Arise slowly in the morning
- Eat a few crackers at bedtime and before getting up
- Avoid greasy, spicy foods
- Eat more frequent, smaller meals

Medical treatments

- Dramamine
- Ginger 250mg capsules or syrup 4 x/day
- B6 or Pyridoxine 25mg 1-2 tablets 2 x/day
- Unisom/Doxylamine 25mg tabs
1 tab 2 x/day
- Benadryl
- Zyrtec

SORE THROAT

- Gargle with warm salt water
- Chloraseptic lozenges or spray
- Cepacol lozenges