

# Safe Over-the-Counter Medications During Pregnancy

This is a list of medications that have been approved by our obstetric providers to take during your pregnancy.

Pain/Headache	Tylenol
Allergies/Sinus	Chlor-Trimeton, Benadryl, Tylenol Sore Throat After the first trimester: Claritin, Zyrtec, Sudafed (plain, not PE), Tylenol Chest Congestion
Cough	Robitussin DM (likely no increased risk of birth defects if used in limited amounts), Menthol cough drops and Vapo-Rub if used sparingly.
Sore Throat	Chloraseptic spray or Cepacol lozenges, Tylenol Sore Throat
Heartburn	Maalox, Mylanta, Tums, Nexium, Pepcid
Hemorrhoids	Preparation H, Anusol cream, Tucks Pads
Constipation	Colace, Dulcolax Stool Softner, Milk of Magnesia, Citrucel, Unifiber, Benefiber
Diarrhea	Imodium AD, Loperamide (Please clear with office nurse first.)
Nausea & Vomiting	Unisom, Melamine (antivert)
Yeast Infection	Monistat 7-day treatment
Insomnia	Diphenhydramine (Benadryl, Unisom, Unisom SleepGels, Nytol)
Itching	Anti-itch lotions, thick cream such as Eucerin, Benadryl
Cuts & Scrapes	Polysporin, Triple Antibiotic Ointment

**AVOID:** Pepto-Bismol, Advil, Motrin, Ibuprofen, Aspirin (unless prescribed by your OB), extra supplements or high doses of Zinc, Vitamin C, Vitamin A (no more than 5000 IU), natural supplements and herbs, phenylephrine.

*\*Consult with your healthcare provider before taking any medications while pregnant and do not exceed the manufacturer's recommended dosage.*

The  
**BIRTHPLACE**  
Hendrick Medical Center