

SUGGESTED OVER-THE-COUNTER MEDICATIONS  
FOR USE DURING PREGNANCY

**Upper Respiratory Infections:**

**Sinus congestion and colds** - Plain Sudafed, Tylenol Sinus, Cool mist vaporizer  
**Antihistamines** - Chlortrimetron, Actifed, Claritin, Benadryl, Zyrtec  
*Avoid nasal sprays, except for Saline only.*

**Sore Throat:**

**Lozenges** - Cepacol, Chloraseptic  
**Cough drops** - Halls, Vicks, or lemon drops

**Headache, Pain, or Fever:**

Tylenol or other acetaminophen products: 650-1000 mg every 6-8 hours (up to 3 gm/24 hours) as needed  
*If not relieved, call the office.*

**Heartburn:**

**Sodium-free antacids** - Gaviscon, Maalox, Mylanta, Tums

**Gas:**

**Simethicone products** - Gas-X

**Acid Reflux:**

Prilosec, Zantac 75 mg 1 to 2 times daily

**Constipation:**

**Stool softeners** - Colace (Docusate Sodium), Fibercon, Metamucil (powder, capsules, or wafers)  
**Laxatives** -Milk of Magnesia, Peri-Colace, Miralax

**Diarrhea:**

Kaopectate, Imodium, Imodium AD

*Avoid dairy products and stop prenatal vitamins until diarrhea subsides. If not resolved in 24-36 hours, call the office.*

**Insect Bites and Rashes:**

**Lotions** - Calamine, Caladryl, Hydrocortisone 1%  
**Sprays** - DEET bug spray

*If rash is unusual or persists, call the office.*

**Hemorrhoids:**

Preparation H, Anusol

**Nausea:**

Vitamin B6 50 mg 2/day, Unisom (doxylamine)

**Sleep:**

Unisom (doxylamine)

- This list has been compiled by Obstetrics and Gynecology Specialists, and is intended for use by our patients.
- This is not an all-inclusive list of medications. If you have questions about medications, please call our office.
- There are no “guarantees” regarding safety of medications in pregnancy, so avoid taking medications you do not need.
- Please follow package directions for all medications.