



SUGGESTED OVER-THE-COUNTER MEDICATIONS FOR USE DURING PREGNANCY

Acid Reflux:

Prilosec, Cimetidine

Constipation:

Stool Softeners: Colace (Docusate Sodium), Fibercon, Metamucil (powder, capsules, or wafers), Senna

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.

Gas:

Simethicone products: Gas-X

Headache, Pain, or Fever:

Tylenol or other acetaminophen products: 650 mg every 6 hours or 1000 mg every 8 hours as needed

If not relieved, call the office

Heartburn: Prilosec or

Sodium-free antacids: Gaviscon, Maalox, Mylanta, Tums (<4 per day)

Hemorrhoids:

Preparation H, Anusol, Dermoplast

Insect Bites and Rashes:

DEET is approved / recommended for use in pregnancy

Calamine, Caladryl, Hydrocortisone 1%

If rash is unusual or persists, call the office.

Nausea:

Vitamin B6 50 mg twice daily, Unisom (doxylamine) at bedtime

Sinus Congestion and Colds:

Tylenol, cool mist vaporizer

Antihistamines: Chlortrimetron, Actifed, Claritin, Benadryl, Zyrtec

*If you have high BP, please check with MD

Avoid nasal sprays, except for Saline only.

Sore Throat:

Lozenges: Cepacol, Chloraseptic

Cough drops: Halls, Vicks, or lemon drops

Sleep:

Unisom (doxylamine) Melatonin

Upper Respiratory Infections:

Coughs: Cough Syrup with active ingredient as: Guaifenesin and does not contain dextromethorphan and ETOH (alcohol)

For additional information check our website:
obgynpa.com