

OVER THE COUNTER “**OTC**” **MEDICATIONS** ~ SAFE PREGNANCY

Every medicine today includes the warning: “If you are pregnant or nursing a baby, you should consult with your healthcare provider.”

Fortunately, most of these products are safe to use during pregnancy.

Nausea/Vomiting

AM.....Vitamin B6 : 25mg + 1/2 tablet Unisom DINNER..Vitamin B6 : 25mg + 1/2 tablet Unisom

PM.....Vitamin B6 : 25mg + 1 tablet Unisom

Ginger containing items Peppermint oil aromatherapy Acupuncture

Antihistamines – Benadryl or unisom Emetrol (as directed)

Eat frequent small meals (every 2 hours) and avoid spicy or greasy foods

Cold/Flu/Fever: Call if Temp >100.4 and/or coughing up yellow/green sputum Tylenol (acetaminophen) – Do NOT exceed recommended dose

ONLY BEFORE 28 WEEKS Aspirin and Ibuprofen (Advil/Motrin) **NOT AFTER 28 weeks Important to increase fluids**

Congestion: Sudafed (plain) ONLY IF NO HISTORY OF HIGH BLOOD PRESSURE, antihistamine (Benadryl), Claritin (plain), Zyrtec, Chlortrimeton (generic)

Sore Throat: Lozenges, Vit C 1000mg/day, Halls, Cepacol, Chloraseptic, Screts Cough:

Robitussin, Robitussin DM

Other: Chest rubs or breathing steam, saline nasal rinse or other saline nasal drops/spray Afrin spray~ NO MORE than 2 times a day, NO MORE than 2-3 days

Sinuses / Allergies: Sudafed for congestion, Benadryl, Zyrtec, Claritin (plain), Allegra

Indigestion/Heartburn ~ most over the counter EXCEPT PEPTO BISMOL

Tums: dosage on bottle, Mylanta, Maalox (too much may cause diarrhea) Zantac 75mg-150mg twice a day or Prilosec

Pepcid 20mg twice a day or Pepcid Complete

Lactaid, Gas X

Diarrhea

Kaopectate (follow instructions on bottle) or Imodium

Drink LOTS of fluids and easily digested foods (breads, crackers)

Constipation/Hemorrhoids Drink at least a gallon of water a day

Colace (stool softener), Metamucil, Fibercon, Fiber One products, prune juice, Citrucel, Miralax, Milk of Magnesia, Tucks or Anusol

Dental Work Avoid x-rays if possible

Tylenol with codeine for pain

Penicillins and cephalosporin class of antibiotics are safe in pregnancy