We want you and your baby to be safe . . .

OVER THE COUNTER “OTC” MEDICATIONS ~ SAFE IN 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 + ½ tablet Unisom
- DINNER: Vitamin B6: 25mg + ½ 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, Sucrets
- 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

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