



## Safe over the counter medications in pregnancy

The following treatments are considered safe in pregnancy when taken according to the package directions. If you want to know about the safety of any other medications not listed here, please contact your health care provider.

### Seasonal allergies:

- Diphenhydramine (Benadryl)
- Cetirizine (Zyrtec)
- Loratidine (Claritin)

### Cold and flu:

- Acetaminophen (Tylenol)
- Acetaminophen and Diphenhydramine (Tylenol PM)
- Warm salt-water gargle
- Saline nasal drops or sprays
- Guaifenesin cough syrup with or without dextromethorphan (Robitussin cough syrup)—try to find alcohol-free preparations
- Cough drops (Ricola, Halls)

### Constipation:

- Docusate sodium (Colace)
- Fiber supplements (Metamucil, Citrucel, Fibercon)
- Hydration
- Senna (Senekot)

### First Aid Ointment

- Triple antibiotic ointment (Bacitracin, Neosporin)

### Headaches

- Acetaminophen (Tylenol)
- Hydration

### Heartburn

- TUMS
- Pepcid

### Hemorrhoids

- Preparation H products
- Anusol products
- TUCKS products
- Witch hazel

### Nausea and vomiting

- Vitamin B6 (50 mg-100 mg two times a day)
- Acupuncture wrist bands (Sea Bands)
- Ginger

### Rashes

- Hydrocortisone cream or ointment
- Caladryl lotion or cream
- Diphenhydramine cream (Benadryl cream)
- Oatmeal bath (Aveeno)

### Trouble sleeping

- Acetaminophen and Diphenhydramine (Tylenol PM)

### Yeast infections

- Miconazole cream or vaginal suppositories (Monistat)
- Clotrimazole cream or vaginal suppositories (Lotrimin)
- Terconazole cream or vaginal suppositories (Terazol)