



Safe Medications in Pregnancy (over the counter)

The following treatments are considered safe in pregnancy when taken according to the package directions. If you have questions about other medications, ask us!

Seasonal allergies:

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

Bloating/gas:

- Simethicone (Gas-X)

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 (100 mg 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)